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ABSTRACT

This document consists of the four issues of the first annual volume of a quarterly magazine for new adult readers. It is aimed at adults reading at the fourth- to eighth-grade level. The magazine is designed to be self-motivating to the new reader or the learning disabled. Phonetic helps are provided for those words that do not conform to typical English spelling. Concepts are explained in context. Entertaining stories or stories of topical interest as well as recipes and puzzles are also included to build and reinforce vocabulary. In addition, the magazine provides information for everyday living. Regular columns include "Jobs Today," "Family Living," "Your Money," and "Dear Dr. Dean." Representative topics are diet and health, stress, worry, sports, finding information, family life, and goal setting. (KC)

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NEW WORDS DIGEST

Fall 1989-Summer 1990

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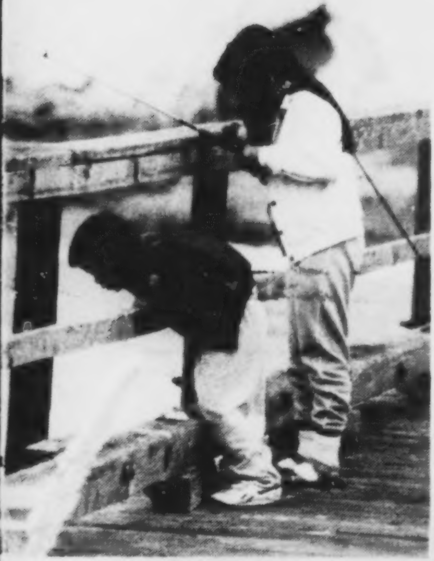
New Words Digest

Fall 1989



The Changing Family
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Living in the Street . . . . . Page 2

Fall 1989

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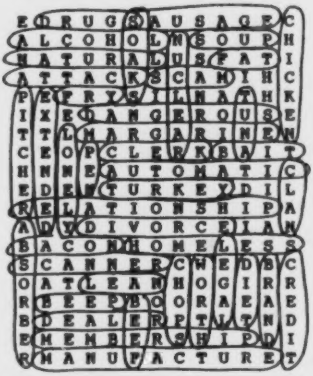
Puzzle on page 40



We would like to see your stories, articles or poems to consider for this magazine. Send them with a self-addressed, stamped envelope to:

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Real Life Story

What it's Like to

by Kim Kantonen

My name is Trina. I'm 15 and I ran away from home where I was mentally abused (uh-BYOOZD) for 11 years. I made friends with some other kids who had been on the streets for years. One of them went by the name of "Wild Child." He was like my big brother. When I needed help, he was there for me.

Wild Child was a 22-year-old, fun-loving, free spirit. He was only interested in what he was doing at the time. He helped his friends out when they were in a jam. Somehow he had fun doing it. He never took anything in return for the help he gave.

Live on the Streets —

Reble

Two other people I knew were Reble, and Alley Ratt. Reble made a lot of noise. He spoke what he thought, and for what he believed in. There were a few good things about him, but not many. The best part was, he knew what friends were. He knew what they stood for. One time he said, "I think this country's society is pretty lame!" At first, I thought that was rude of him to say. Then one day, I looked around and thought, he's right.

Alley Ratt

Alley Ratt was close to me like Wild Child was. I remem-

ber what she said: "I feel we're treated like freaks, outcasts (OUT-kasts) and dangerous (DAYN-jur-us) people!" She was right. People looked down their noses at us all the time.

It's hard to describe her. She stayed to herself a lot. Then one day her life ended. She got beat to death by someone, because she refused to work for him.

Who Cares?

The people who have a home and food to eat shun these unlucky (un-LUH-kee), homeless (HOME-less) and hungry people. Some don't believe that young kids are killed. This, as you can see, is a problem in our society today. It will be in the future too, if nothing is done. These people need help!

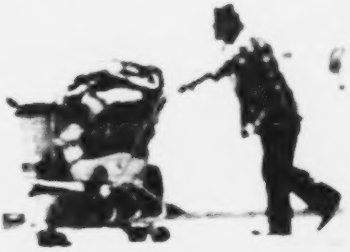
The homeless people are always hoping and praying to be the next to be helped. But, as I felt, there isn't much help. The people in our society are blind or just don't care!

Think about how you would like it living on the streets. What if it were you who was one of the unlucky ones? I know for me it was hard and dangerous. I was afraid. It was a place I never want to be in again. To some, the street is home. To others it's a dangerous, sad, and dirty place to live. It left me very lonely and empty inside.

You have a lot to learn on the streets. You never trust everyone. You don't take anything from anyone. You never offer anything to people you don't know. There are people who get what they can from you.

When kids like myself have lived on the streets and feel that no one cares, they build a wall around themselves, to keep from being hurt anymore. They are afraid to trust anyone.

Where to Turn



Many kids on the streets felt no one cared, and turned to drugs and prostitution (prah-sti-TOO-shun). Over half of my friends never made it. The rest of my friends are now on drugs or in Juvenile (JOO-vuh-nīle) Hall, or prison. I pray every day that those who aren't dead get the help they need.

There are drugs and alcohol (AAL-kuh-hall) everywhere you look. When there's no one to turn to for help, you turn to drugs and alcohol, hoping to find friends that way.

It's harder now for those on the streets to even find food, and a place to stay. Water was free for years and now it costs five cents to get a glass of water from fast food places.

They are People

The people on the streets aren't strange or dangerous. They're just like you and me, but are afraid and lonely.

Believe it or not, they worry about where they're going to sleep for the night. They worry about where their next meal will come from or how they will get it.

So PLEASE have a heart!? They're people too. Help them out! And be glad it's not you.

Real Life Story

Do you have an interesting real life story? Send it in! If we put it in the magazine, you will win $5. Send your story to: *New Words Digest*, P.O. Box 6276, Bakersfield, California 93386-6276

Dear Dr. Dean,

A friend of mine had a heart attack (uh-TAK) not too long ago. The doctor told him he would have to change his diet (DIE-et). He said he should not eat so much red meat, and that he should eat more fish. What is red meat, and why should he eat fish? Also, do I need to quit eating red meat too, so I won't have a heart attack?

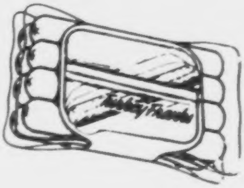
Signed,
Kate
Bakersfield, California

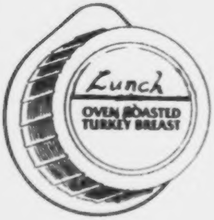
Dear Kate,

Your friend must have had too much fat in his diet. A diet high in fat may cause heart problems. It can also cause a higher risk for some kinds of cancer.

Red meats are ones with more fat. The most used red meats are beef and pork

(PŌRK). Steak (STĀK), roast, hot dogs, chops, and sandwich meats are likely to have the most fat. Sausage (SAH-sij) and bacon (BĀ-kun) are very high in fat.





It is healthier for everyone to eat meats with less fat in them. These are called lean (LEEN) meats. Some good ones to choose are chicken, turkey, and fish.

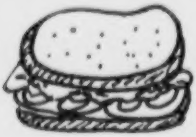
Round steak and beef round roast are lower in fat. So are lean pork chops and lean ham.

Here are some tips you might want to try in planning a healthier diet:

Shopping for meat

- Look for the cuts that have less fat showing. Also look for the word "lean," which usually means there is less fat.
- Choose turkey and chicken more often. They can be used instead of beef or pork

in several ways. Try using ground turkey instead of ground beef.



- Try turkey or chicken sandwich meats, and turkey ham. Avoid buying pork, bacon, sausage, or hot dogs.

- Avoid buying a roast, or steak that has fat showing.

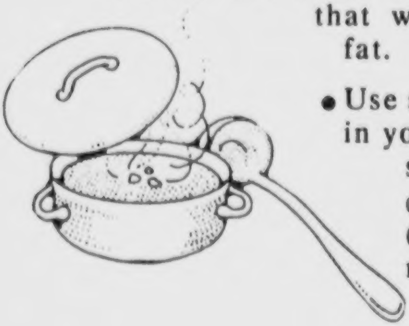
TUNA
in water

- Add more fish to your diet. Tuna (TOO-nuh) is good. Buy tuna that is canned in water instead of oil. The oil adds fat.

Cooking meat

- The best way to cook meat is to broil it, but roasting it is also good.
- Avoid frying (FRȲ-ing) the meat. The fat soaks in when you fry it. Avoid frying the meat in oil or margarine (MAR-jur-in).

Even more fat will soak in. Meat usually has enough fat without adding any. Sometimes you will need to add fat to the pan if there are other foods in with the meat that will burn without the fat.



- Use smaller pieces of meat in your cooking. You can still make a good chili (CHIL-ee) or soup (SOOP) without a lot of meat.

Eating meat

- When someone sets a big roast or juicy (JOO-see) steak in front of you, try to eat less. Avoid too many hamburgers.
- Try different kinds of fish to find ones you might like.

- Avoid eating the skin or fat in the meat, even on a piece of chicken or turkey. The skin has a lot of fat.

Try these tips, and you and your family will have a healthier diet.

(Dr. Dean is not a real doctor, but has studied ways to eat a healthier diet. Be sure to follow what your own doctor says first.)

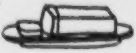
What's Cooking?

Turkey Tacos (TAH-kōhs) *This is enough for 4 people.*

Here is a new way to try using turkey instead of beef. This recipe uses fat so the potatoes won't burn. But it's not very much fat, so we won't worry about it.

3/4 cup of turkey meat

2 tablespoons butter or margarine



2 large potatoes

1/2 onion

1 cup grated cheese

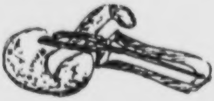
2 cups lettuce

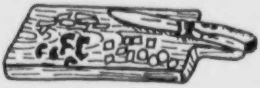
A jar of salsa or taco sauce

SALSA
TACO SAUCE

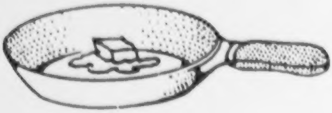
1 dozen corn tortillas

1. Peel the potatoes. Cut them into little pieces.



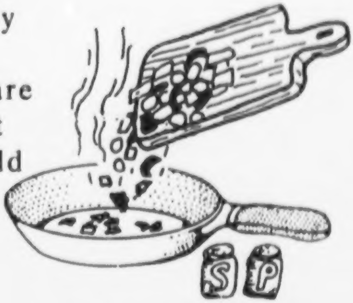


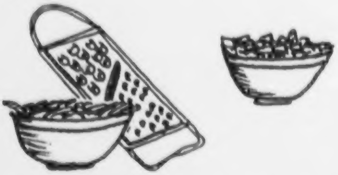
2. Cut the onion into little pieces. Cut the turkey up too, if it needs it.



3. Melt the margarine in a large frying pan.

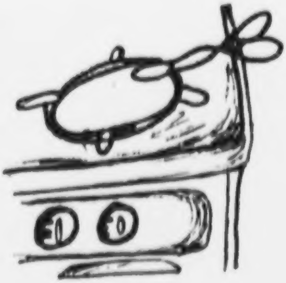
4. Add the cut turkey, potatoes and onions. Fry on medium (MEE-dee-um) heat until the potatoes are soft. Stir it a lot, so it won't burn. You can add some salt and pepper if you like. Turn off the heat.

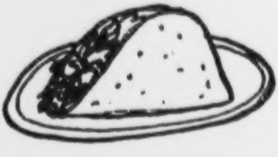




5. Cut up the lettuce (LET-us) and grate the cheese. Put them in bowls.

6. Heat the tortillas. You can put them in foil and heat them in an oven. You can also fry them, but try not to add fat to the pan. If you have a gas stove, you can heat them right over a high flame with tongs. They have a nice flavor (FLAY-ver) this way, and it doesn't add fat.

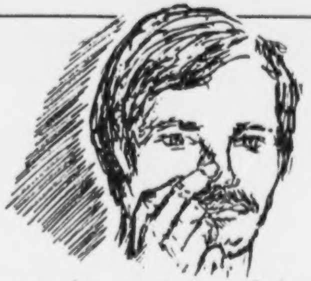




Have each person make their own taco the way they like.

Goodbye Stress

Stress Overload



by Vin Smith

One day a friend drove up in a new pick-up truck. It had some great features (FEECH-urs), like overload shocks. "My," I thought, "you can carry quite a load with those!" Later, I began to wonder if people knew that the body comes with "Overload Shocks." When stress overload seems to have taken a hold on you, try this exercise (EX-ur-sīz). It is called the Shock Absorber (ub-ZŌR-bur).

Put your right thumb on the right side of your nose. This will gently close it off. Next, breathe out. Then, breathe in and out very slowly through the left side of your nose for 35 or 40 seconds. Keep your mouth closed.

Picture your breath going up your nose and passing deep into the right side of your brain. Picture it gently taking out the built-up stress, anger, and worry. The right side of your brain will now be relaxed (ri-LAXT). What might have just seemed like too heavy a load on you, will now seem better, thanks to the body's built-in Shock Absorber.

(This was adapted from the book, *Goodbye Stress!*, © 1987 by Vin Smith)

Another Way

What to do with Worry

What can I do with this worry?" I wondered. "It's getting so bad that I'm depressed. I can't do anything else."

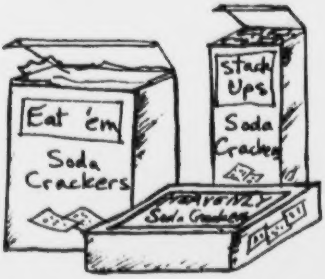
Worry is like a big load you carry around with you. It doesn't go away by itself. Sometimes you can do something to change things. Then the worry is gone. But sometimes there's nothing you can do. How can you stop worrying then?

Sharing with a friend can help. Your friend might be someone close to you, or a relative. Or your friend might be a pastor, priest (PREEST), rabbi, (RA-bī) or someone else you look up to. Your friend might even be God. You need someone who will listen and understand.

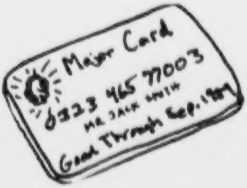
Who you share with is up to you. But when you share your worry, your friend helps carry the load. You may be able to leave your worry behind.

New Words

These words all have something to do with business. They will show up in bold print in the stories that follow.

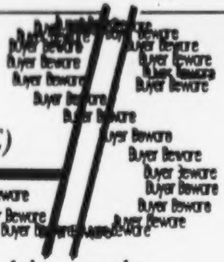

Eat 'em
Soda Crackers
Stack Ups
Soda Crackers
Soda Crackers

Brand--A company's product name. You can buy a well-known company's **brand** of bread, car, or other product. Or you can buy a store name **brand**, or a **brand** that not many people have heard of.


Major Card
6323 465 77003
MR JACK SMITH
Good Through Sep. 1989

Credit (KRE-dit) --Trust that a person can make payments. A **credit** card is something that a person can use at a store to buy something. This is because the store trusts that the person will pay the money later. **Credit** also means approval (uh-PROOV-ul). You can give **credit** to someone for a good job done.

Manufacture (man-yoo-FAK-chur)--To make things. A **manufacturer** makes products. A **manufactured** product is something that was made by men or women or machines. This is **manufacturing.**



Buyer Beware *(bee-WĀRE)*

by Vin Smith

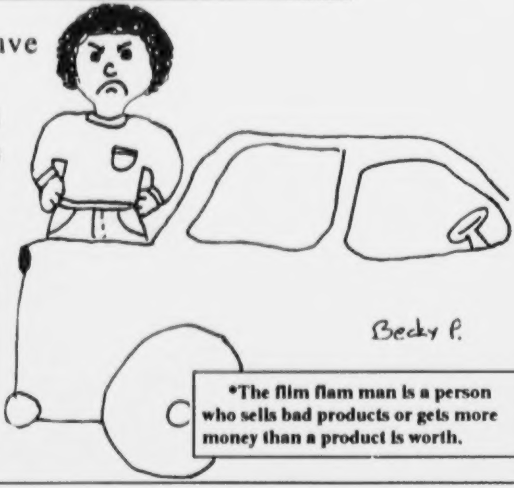
The flim flam man* works at his trade today even as he did long ago. He is good at getting a person to buy something that isn't what it looks like. He may even stay inside the law.

"*More money is being taken from Americans at penpoint than by gunpoint. The pen often makes it legal (LEE-gul),*" said Helen Nelson. She worked for the Governor of California, studying what people buy.

Among the many scams used are:

Phony (FŌ-nee) Car Buys

Car prices have shot up. Sometimes you don't have the money to buy the car you want. This is when it's easy to fall for a fake low-rate loan. Here's how it works.

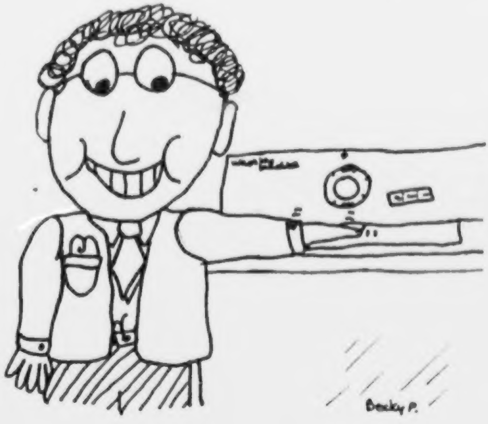


***The flim flam man is a person who sells bad products or gets more money than a product is worth.**

The car dealer proudly tells you of a low-cost loan you can get at a bank or loan company. Then surprise (sur-PRĪZE)! You find out that you paid too much too much for the car in the first place. Or you find out that the added things you bought on your car had a phony, sky-high price.

Some auto dealers do carry low interest rates that are OK. These are always from the **manufacturer** (man-u-FAK-shur-er). Check this by calling the **manufacturer's** office.

Bait and Switch Advertising



Often, a seller will have only one of a product to look at. He will first tell you that they sell so fast he is out of them. He then says, "But they will come any day. To tell you the truth, Mr. Smith, this machine will not meet your needs. You have babies in the house. For just a few dollars more, I can sell you this one."

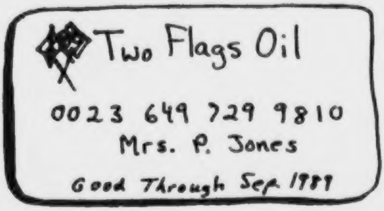
He then leads you over to the product he really wants to sell. It costs more. It pays him more if he sells it.

There are many other ways to use this bait and switch on the buyer. Sometimes the salesman baits the buyer with a well-known brand name. Then he shows you the "**brand** name" product and it's all beat up. The flim flam salesman runs to his car and brings out off **brand** products that look good. Sewing machines are often sold this way.

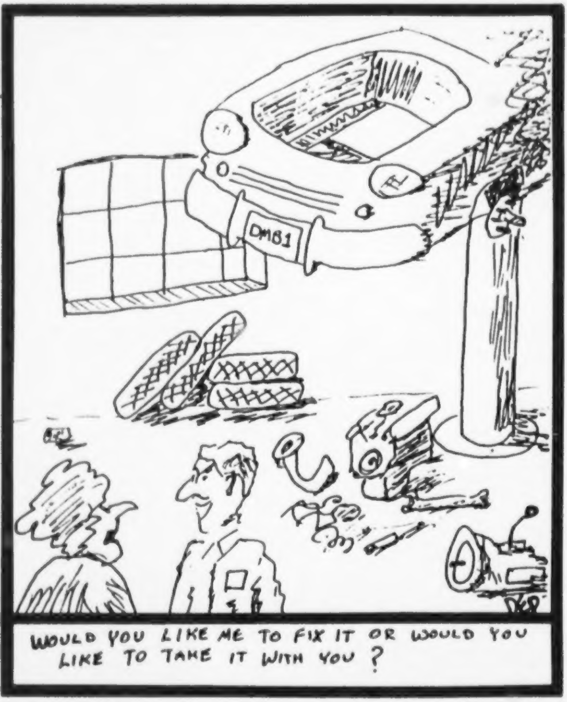
Vacation (va-KĀ-shun) Offers

The phone rings but you don't mind. You have just won a free vacation! Oh Boy! All you need do is pay for a low-cost membership (MEM-ber-ship). You are told you can wait for the membership kit and make up your mind later.

"But I will need your **credit** (KRE-dit) card number and date," the woman says on the phone. If you tell her your **credit** card number, she's got you. The membership, and likely some other things, will be added to your **credit** card right away. You will be unpleasantly surprised at the cost.



Lo-Balling



WOULD YOU LIKE ME TO FIX IT OR WOULD YOU LIKE TO TAKE IT WITH YOU ?

Your car needs servicing and you know it. You take your car into the shop for a good price. They even do the job. Then they tell you that your car needs a lot more work. Sometimes you find your transmission (trans-MISH-un) is on the table. The service person says, "We found these pieces of metal inside your transmission, and the pump is shot and...." You end up paying a high price for work you never dreamed you needed. And maybe you didn't.

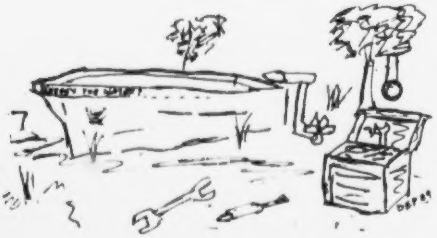
Buy Something Small, Get Something Big

Here's how it works. A salesperson tells you a computer has just fished your name out of all the people in the USA.

You have won a new boat! And it has a motor (MŌ-tur)! All you have to do is try some advertising products the company offers at a low, low price.

The advertising junk pens you end up buying will last until your grandchildren are gone. There's way too many. You then find out a store near you would be glad to sell you advertising pens at half the cost.

What about the boat? It's a cheap jack hull, with a battery (BAT-er-ee) motor (that doesn't work very well). Of course, you can pick up your boat without buying anything. But you have to travel a long way.



Better Business

There are many more scams the flim flam man would like to get you with. What can you do about it? One sure-fire protection (pruh-TEK-shun) is to ask your Better Business Bureau (BYOOR-oh). The BBB has found over 800 scams going on right now. Most of them have several things alike:

- The scams make lots of money.
- It is often hard to tell they are a scam.

- The sellers usually stay inside the law.

How to protect yourself:

- Don't trust strangers. Check them out.
- If the deal sounds too good to be true, it most likely is.
- Everyone is in business to make money. A price that seems too low may be a sign that the deal is not a good one.
- Get to know the better prices for the products or services that interest you.

SALE
~~$500.00~~
Yours for only $20!!
ONLY $10.00!!
That's almost FREE!!

Most business people are OK. They have to be to stay in business. When you do run into those who are not, stand up for your rights. Report them to the proper places. Twenty-six states have an 800 (free) phone number for consumer problems and questions. You may find your state's number, if it has one, by calling information at 1-800-555-1212.

Good luck, and happy shopping!

Jobs Today

From Cleaning

by David Penner

Have you had to look for a job lately?

Every once in a while I find myself looking for a job again. Years ago, it was easy. I would always seem to find a job when I needed it. They didn't pay much, but that was O.K.

Now, I need more money. I'm married and have two children. Everything costs more. Many jobs pay less, and are harder to do. There are a lot more people looking for jobs. It's not easy anymore.

I'm a janitor (JAN-i-ter). I have to wake up at three o'clock in the morning to go to work, where I clean a tennis club. I work 8 hours and am done before noon. I like having my daytime hours free, but there is one problem. I can't make enough money as a janitor.

A New Trade

Last year I thought, "I will learn a new trade." I wanted to learn a trade that I would like doing, but I also needed to make more money. I'd heard that com-

to Computers

puters were one of the fastest growing trades there is right now. I decided to go to school and learn what I could about computers.

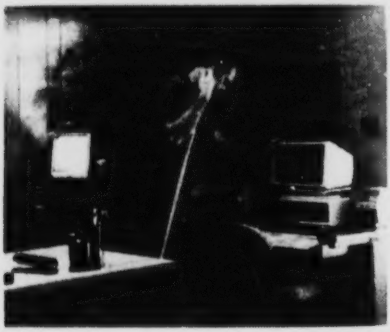
At school I found out that a lot of people are learning a new trade. Many of my friends began to go to school too. These were adults, ages 35 and up. I was not alone. Then I found out why. The whole job market is changing.

Jobs Are Changing

There are many reasons why jobs are changing. One reason is there is so much more technology (tek-NAH-luh-jee). Computers and automatic (auto-MAT-ik) machines are some of the technology that is

taking the place of people. These machines make a lot of work easier to do, so not as many workers are needed to do a job.

A government report shows there will not be as many jobs in **manufacturing** (man-u-FAK-churing). The **manufacturers** don't need as many people to make clothes or do metal work.

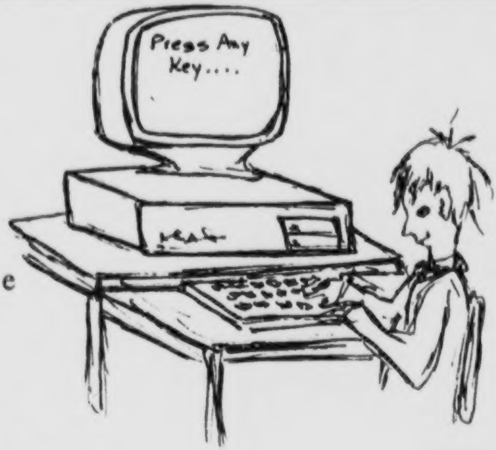


Soon there also may not be as many bank tellers, bookkeepers, clerks, mail workers, and secretaries (SEK-re-tār-ees) needed. There may not be as many farmers, repair people and people who work telephones because of what technology can do.

The Good News

The good news is there are many other kinds of jobs that will be coming up in the next ten years or so. And an important thing you can learn to get ready for them is how to work a computer.

Computers are becoming so important that the schools are starting to teach children how to work them in the first grade. If you don't know how to work one, a first grader may be able to show you! My children have been able to show my wife some things about computers.


Press Any Key....

Fear of Computers

Many people are afraid to learn computers. If this is you, you are not alone in being afraid of them. But you don't have to worry. They seem hard to learn, but they aren't really. You don't have to know how a computer works to use it. And when you start to use it, you will see why so many other people are using it. It can be such a helpful tool. And it's fun!

What Computers Can Do

Managers, doctors, lawyers (LOY-urs), and sales people are using computers to get information quickly. Writers are using computers to change their writing the way they want it. They can also correct their spelling, and even correct their English with a computer!

Bookkeepers can use a computer to figure (FIG-yur) the sums when they keep books on their jobs. Businessmen and women are using computers to keep charts and records of all kinds. Stores use a computer to check people's **credit** when they use a **credit** card.

Computers at the Market

Green
Beans

If you buy a can of beans at a market, the clerk may drag it across the scanner (SKAN-er). (The scanner is that funny glass-covered thing that goes BEEP! when the clerk drags the product across it.) The scanner tells the computer that this is a can of beans. It does this by reading the group of lines on the side of the can.

Each time the scanner does this, a lot of information goes into the computer. The store managers can ask the computer later, and see that a can of beans was sold. But they can also find out what price it was and on what day it was sold. They can tell who **manufactured** the can of beans because the **brand** name is recorded. And they can do this without looking through miles of cash register tape!

The computer also takes one can of beans off the total number of cans of beans in the store. This lets the manager know how many are left so he or she can order more. Less people have to count cans and less people have to order.

On Every Job

Computers are being used in many jobs. It would be unusual not to see at least one in any business.

I am not in school anymore, but I am still learning. There's a lot I can learn about computers. I am taking my time, and only learning what I need to do my work. Now I am starting a new business.

My wife is learning now too. She was afraid of it at first, but when she found out what it could do, she loved it!

We use the computer to keep track of how we spend money. We use it to remember lots of people's names and addresses. We use it to write stories and correct the spelling and English in them.

In fact, we used it to make the magazine in your hands!

Sports Talk

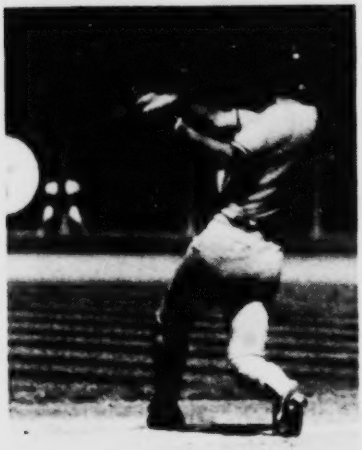
There's Gold

by Vin Smith

The baseball season is winding down. Pennant (PEN-unt) races are heating up. The nation will watch major league baseball's World Series in record numbers this year. Each league will first hold its Championship (CHAMP-ee-un-ship) Series. The nation's eyes will be on those games as well. But there is high interest among the minor leagues crowds too.

Minor Leagues--"More Exciting"

Minor leagues pack the stadiums (STĀ-dee-ums) night after night in America's small and not so small towns. The hopes and dreams of young men are lived out on beautifully kept baseball diamonds (DIE-munds).



"Minor league games are more exciting, no question," says Fred Herrmann, 50. He is part owner and general

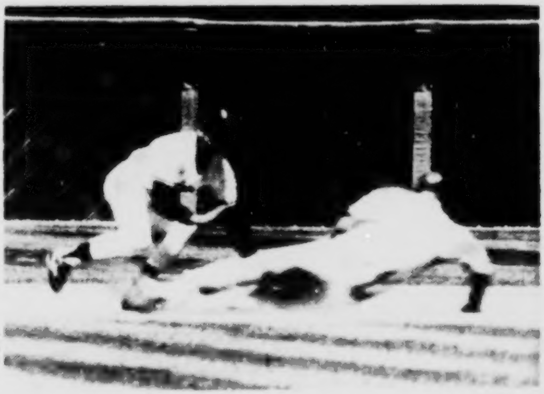
in the Bushes

(JEN-ur-ul) manager of the Southern Oregon A's. They are based in Medford, Oregon (ŌR-ee-gun). "We just had the famous San Diego Chicken for one of our games. We had way over 5,000 fans."

Fred Herrmann has known baseball fame himself. He was a pitcher for the Portland Beavers of the Pacific Coast League. And he played with the well-known Satchel Paige. "Paige was amazing (uh-MĀZ-ing)" Herrmann says. "He might have been 65 years old when I played with him. But he could still pitch. He was fun-loving. We had a lot of fun on the buses." There are often bus rides in minor league baseball.

Live Your Dream

Minor league baseball gets closer to the fans. The stands are usually close to the playing field (FEELD).



Dugouts (DUG-outs) are close to the crowds too. Young players gladly sign autographs (AUTO-grafs) for kids and older fans alike. "Baseball in general is magic (MA-jik), major league or minor league," says Ray Webb, 43, of Medford. "Like everybody else, I live my dream through the other guys."

There is no question that we are seeing a come back of minor league baseball. "Management is the key," pointed out Herrmann. "It used to be that an owner worked at another job....I work at baseball 12 months a year."

Better Players

I give all the **credit** (KRE-dit) to Sandy Alderson," Herrmann told us. Alderson started working with the parent club, the Oakland A's. Now better players are picked. Oakland has the American League's last three Rookies (RUU-kees) of the year (Jose Canseco, Mark McGwire, Walt Weiss).

Some of the players who have come through the Medford club are Curt Young, Steve Ontiveros, Terry Steinbach, Greg Cadaret, and even the great Canseco. Mark McGwire hit 49 homers for Oakland in

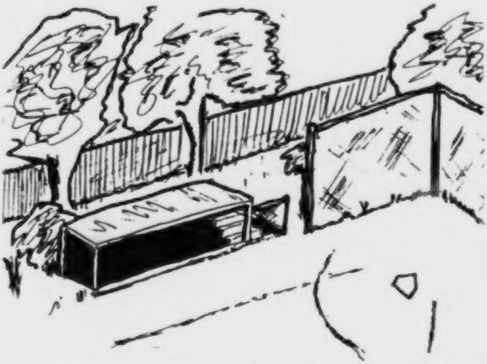
1987. He would have been added to the Medford club in 1984 if he had not played on the Olympic (oh-LIM-pik) team.

"That's one of the beauties of minor league baseball," said Herrmann. "You never known when you are looking at the next Babe Ruth."

What's It Like?

What kind of product is put on the field? One Oregon A's game this season had not one but two grand slams. Once an umpire (UM-pīre) seemed to change his mind. Once there was a fight that lasted almost ten minutes. There was good relief (ree-LEEF) pitching, and some exciting defensive (dee-FEN-siv) plays. The players seem to love the fans.

In Medford, Bob Foltman does a good job as an announcer (uh-NOUN-ser). "I think the reason minor league baseball is so popular (POP-yoo-ler) is because of Hollywood," Foltman told us before the game. "A lot of people followed the sport when they were kids. They've taken it to music

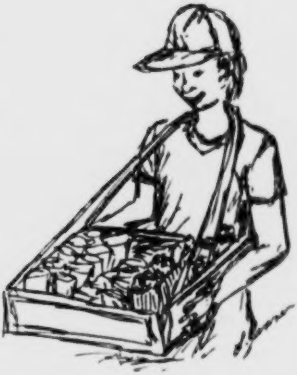


and the movies. People see films like *Major League, Field of Dreams, Bull Durham, Eight Men Out, Long Gone* or *The Natural,* (NACH-ur-ul). They want to experience the magic."

Once the game starts, the excitement isn't only on the field. One night they might bounce (BOUNS) a beach ball around the stands for free tickets to a future game. The next night they might have a soft ball pitching contest. Some win a shiny new car.

Even the food sellers are in on the act. Sean Nipper, 18, has been selling peanuts, popcorn (POP-kōrn), soda and the like for three years. "I try to keep the crowd happy even if the game gets slow. I do the job for the satisfaction (sat-is-FAK-shun) of it, not for the money," he said.

"Don't believe it," said his friend, Jake Palanuk, 14. "He does it for the girls."



Fans Are Important

I can always tell when a manager has had major league experience," smiles Herrmann. "The managers who come from college ball, or who played only in the minor leagues are far more fan oriented (ŌR-ee-ent-ed)." (They like the fans).

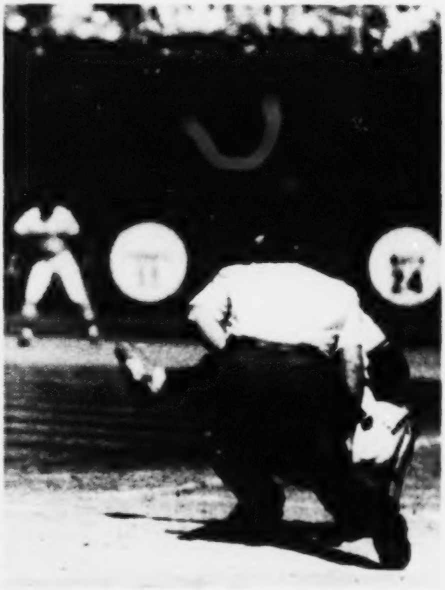
Fans seem to be a major part of the excitement in the so-called bush leagues. They are also called the bus leagues. Every year boys and girls win a round trip with the Southern Oregon A's to one of their road games. They also might see an Oakland A's home game. "The majors are missing a bet by ignoring (ig-NŌR-ing) the fan," said Herrmann.

The sky seems to be the limit for the minor leagues. America's new interest in family activities (ak-TI-vi-tees) makes minor leagues look good too.

There really is gold in the bushes!

"Whoever wants to know the heart and mind of America had better learn baseball . . . and do it by watching first some high school or small-town teams."

Jacques Barzun, *God's Country and Mine*



The Changing Family

by Gail Jenner

What is the most important group a person will ever belong to? It's a family. The family is a basic (BĀ-sik) part of society. If your family is weak, you may enter society without important skills or support. Each of us learns how to get along with other people first in our families.

Different Kinds of Families

The idea of family can be very different from one society to another. Some societies have large family groups, called extended (ex-TEND-ed) families. Other societies have small family groups, called nuclear (NOO-klee-ur) families.

In the United States

Today, most families in the United States are the smaller, nuclear kind. The family usually includes parents (or step-parents) and their children. Grandparents, cousins, uncles and aunts do not usually live with the nuclear family. In fact, many Americans only see their relatives once in awhile. They might get together for holidays or visits. Many grandparents live alone or in retirement homes or hospitals.

Other Societies

This is not the way other societies around the world have set up their families. In parts of Europe (YOOR-up), South America, Africa, and Asia, the family is an extended one. Many Native (NAY-tiv) American groups are this way too. Grandparents, cousins, uncles or aunts live together or nearby. They may be on the father's or the mother's side of the family.

Some extended families work, eat, and even sleep in the same house. Some are so large, they are called clans. Members of a family clan help one another and protect one another. Sometimes they even marry one another.

The Extended Family Helps

The extended family group helps young children in many ways. There are many adults to care for and teach them. There are lots of children to play with. They have no need for day care or babysitters. Mothers and fathers get help with young children. Everyone works together.

At one time in American history, families lived closer together. When most Americans lived on farms, they often had their relatives nearby and worked together. But few Americans live and work family farms now. Most live in cities and towns and many of them move around. Few people are born and raised in the same house anymore. And some people move far away. Their children never get to meet or know their relatives.

Why is the family important?

Why is the family so important? Does it matter that members of families are so far apart that they never see each other?

Children learn about themselves when they are young. The better family support they have, the better they feel about themselves. A small family can give good support, and that can be enough. But sometimes, children do not get the support from parents that they need. That is why grandparents and uncles and aunts can be so important for a child. Grandparents tell stories about the past and they can teach

children important things. for a healthy life. Parents are sometimes too busy. Neighbors and friends have their own families. But grandparents have the time and like to spend it with growing grandchildren.

Divorce

Divorce (di-VŌRS) has also hurt family life. Many children live with one parent. Some must learn to live with one or more step-parents or step-brothers and sisters. Some children do not see their other natural (NACH-ur-ul) parent for many weeks or months. Some never see the lost parent for years.

When this happens, the child loses a parent, but he or she also doesn't see the relatives of that parent. Relationships (re-LAY-shun-ships) are broken and torn apart, not only by miles, but by divorce.

Today, many children spend hours each day in day care or at babysitters. That means less and less time is spent with the family. Some people are studying what happens to these young children. Many believe that they might experience more problems later on in life if they are away for a long time from family.

Spending Time

Family life is important. We all learn about the world and about ourselves in family life. If there are family problems, we might spend little time with parents and family. But this can cause *more* problems later in life. We need good family relationships and good support. We need this even if our families are small or broken. We can have better skills for life. The key is to build strong, healthy relationships with the people in our families.

Word Search

Find the Words ✓

Absorber
Alcohol
Attack
Automatic

Bacon
Bait
Beef
Beep
Brand

Chicken
Chops

Clan
Clerk
Credit

Dangerous
Dealer
Diet
Divorce
Drugs

Extended
Fat
Fry

Homeless

Lean
Legal
Lonely

Manufacture
Margarine
Membership

Natural
Nuclear

Pen
Pitcher

Relationship

Sausage
Scam
Scanner
Soaks
Soup

Tuna
Turkey

Worth

E	D	R	U	G	S	A	U	S	A	G	E	C
A	L	C	O	H	O	L	N	S	O	U	P	H
N	A	T	U	R	A	L	U	S	F	A	T	I
A	T	T	A	C	K	S	C	A	M	I	H	C
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H	N	N	E	A	U	T	O	M	A	T	I	C
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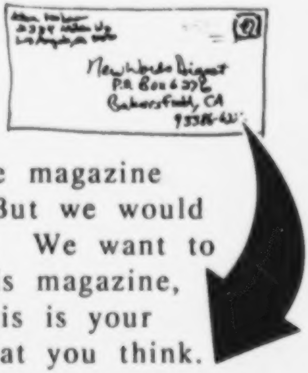
❀ Answers are inside front cover.

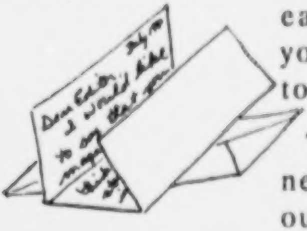
Letters



Dear Readers,

Hi! This is the part of the magazine where we write to you. But we would also like you to write to us! We want to know what you like about this magazine, and what you don't like. This is your chance to speak up about what you think. That is the only way we can learn what you really would like to see in *New Words Digest*. And we will try to print your letter in the magazine.

Just think of this as your magazine. What things would you like us to talk about? What information do you need? Is the magazine too hard to read? Or is it too easy? Is it boring? As you can see, we really want to hear from you!



This is our first issue. The next issue will be coming out close to Christmas. There will be some fun things to read in that one! We hope you will enjoy every issue.

Best wishes,

David and Laurie Penner

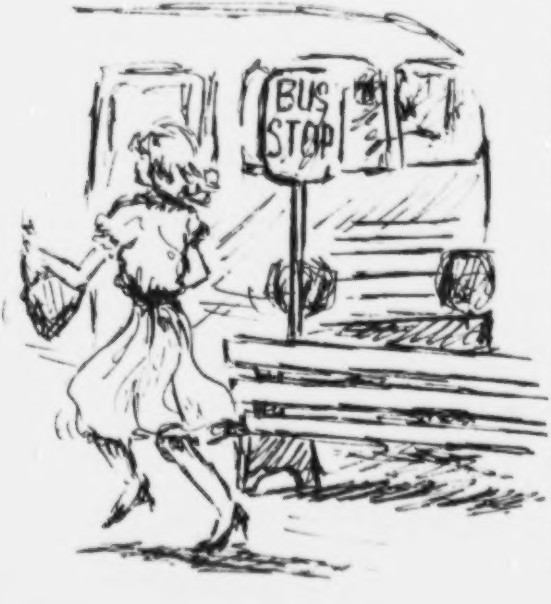
New Words Mystery

Danger in a

by Laurie Penner

(See how many words you can find in this story that are from other stories in this magazine).

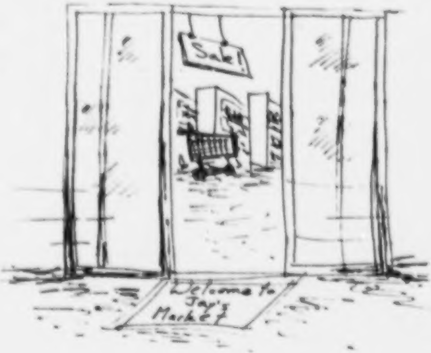
Cathy was running from the man in the dark gray shirt. He had tried to attack her as she was getting on the bus. She had pulled away from him and was running down the street.



Cathy turned around, and saw that the man was not coming very fast. He walked strangely, dragging his feet. She could not see the features on his face very well.

Gray Shirt

Cathy ducked inside a market. The automatic doors opened for her. She tried to get her breath. All that exercise she had been getting at the tennis club was helping her energy. She looked back up the street. The man could not be seen anywhere. But a lot of people were in the way of where she was looking. She wasn't sure he was gone.

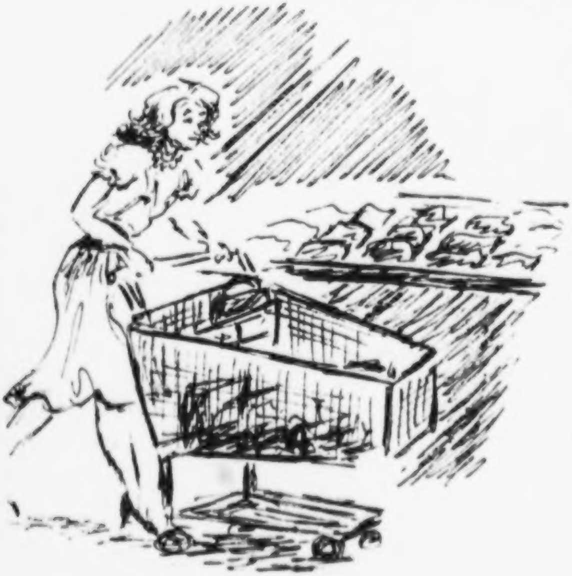


There was a telephone in the market. Cathy thought she would call the police. She should tell them a dangerous man was out on the streets. But when she reached the telephone, she saw the dark gray shirt. The strange man was looking around. Her heart beat faster. She knew he was looking for her!

Quickly, Cathy's brain went to work on her problem. She got a shopping basket.

She was near the meat section, so she began to pick up different meats. She wanted the man in the gray shirt to think she was one of the shoppers. She thought he might not see her or remember her.

Cathy put some ground turkey, chicken legs, and beef round steak in the basket. She passed by the juicy-looking pork chops, bacon and sausage. They were not good for her diet. And she was going on vacation to the ocean soon. She wanted to look good.



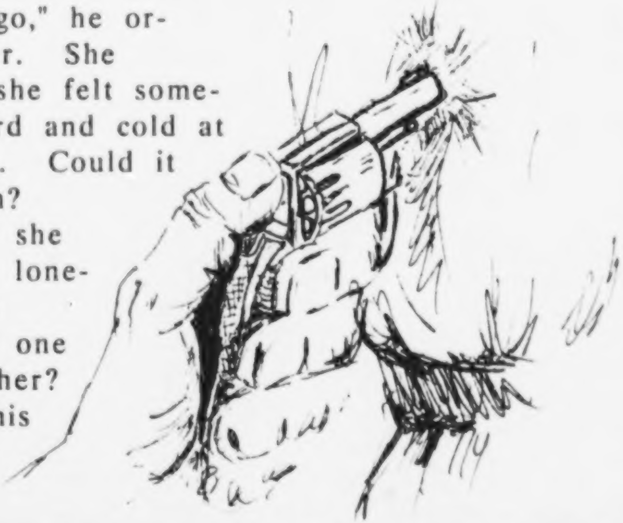
Next, Cathy went to the back of the store where the milk was. As she walked, Cathy looked for the strange man. She tried to think of why he was so interested in her. Her heart jumped as she saw the gray shirt at the other end of the store. The man was about to look up. He would see her!

Cathy looked down, turned away, and reached for some margarine. It was right next to the butter. She acted like she had special interest in it. "I could fry the chicken legs in this," she told herself. She was trying not to think of the man. "No, that would soak up too much fat," she decided. "It would be bad for my diet."

Suddenly Cathy felt arms around her and a hand across her mouth. The man held her from behind. Was she ever surprised! Then he spoke into her ear, "Be quiet, Gail, or I'll kill you!"

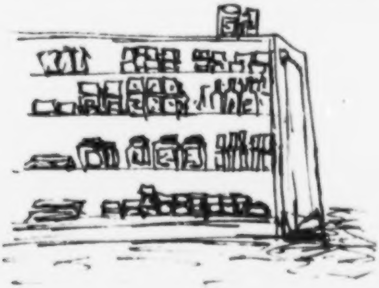
Now Cathy was even more amazed. Why would he call her Gail? But she said nothing. She was too afraid. She began to think he had been drinking alcohol. She could smell it on his breath.

"Let's go," he ordered her. She thought she felt something hard and cold at her back. Could it be a gun? Suddenly she felt very lonely. Was there no one to help her? Would this man kill her?



The man took her through the canned goods section of the store. Cathy looked blankly at the different brands of tuna, chili and soup. How strange it was to think of food at a time like this!

"Who are you?" Cathy asked the man, when she felt she could speak.



He laughed. "Oh come on, Gail. Why do you act like you don't know me? What did the divorce do to you? Is it because I was only a janitor? I'm not worth your time now?"

So the man thought she was his divorced wife!

"I'm not Gail," she said quietly so she wouldn't upset him. "And I don't know who you are."

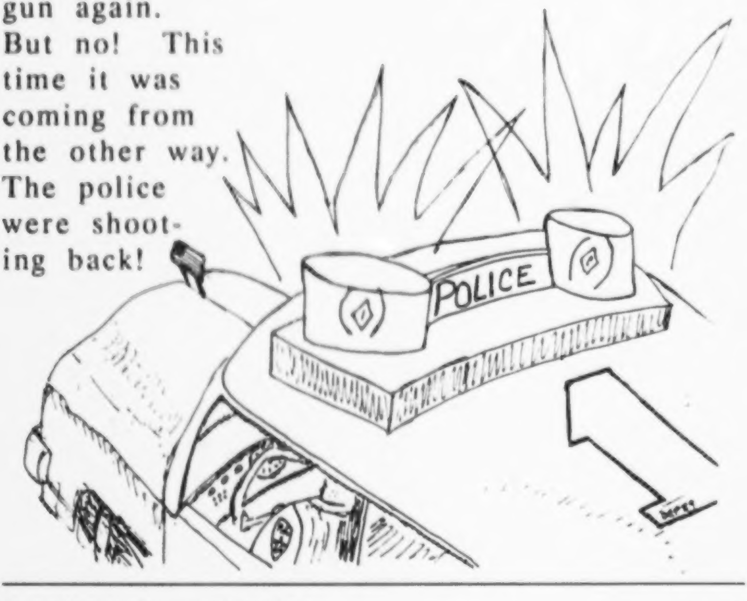
But the man only drove the gun point harder into Cathy's back. She was glad she had on a thick coat. It was like a shock absorber and made the gun point less painful.

"Keep walking," he said with a lot of anger in his voice.

They walked past the clerks and registers in the front of the store. Cathy could hear beeps as the products were dragged over the computer scanner. She looked at the people. Wouldn't someone see the gun? The man was taking her outside. What would he do to her?

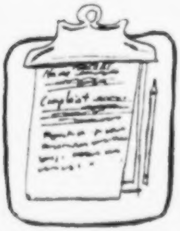
As they walked outside, Cathy saw a police car up the street. She decided to take a chance. She took a deep breath and screamed with all her might. At the same time, she pushed away from the man as hard as she could.

The gun went off so close to her ear that she thought she'd been shot. He was trying to kill her! Cathy didn't look to see what he would do next. She started running for the police car. She heard the gun again. But no! This time it was coming from the other way. The police were shooting back!



Quickly, Cathy dropped down to the sidewalk. She heard a few more shots, but it was soon over. The man gave himself up.

The police hurried over to her. "Are you OK?" one asked. He had a pen and was writing a report. Cathy knew this was needed for any legal action to take place. She wondered if she would need a lawyer.



"He didn't hurt me," Cathy told them, trying to get her breath. "But I was afraid. He thought I was his wife."

"His wife left him," one police woman said. "They had a bad relationship. He was always drinking and using drugs. She couldn't get along with him. He ended up in the streets, homeless. He's been in jail. We were out looking for him now. He just stole that gray shirt from another store."

The gray shirt! Cathy was amazed. The shirt she had been so afraid of was the very thing that saved her!

As the police car drove away, Cathy started to relax. She was safe! She decided to finish shopping. As Cathy went inside the market again, she thought about the man. She hoped he would find help for his unlucky life. She liked to think he would. There was always hope.

Jobs
Family
Health
Money

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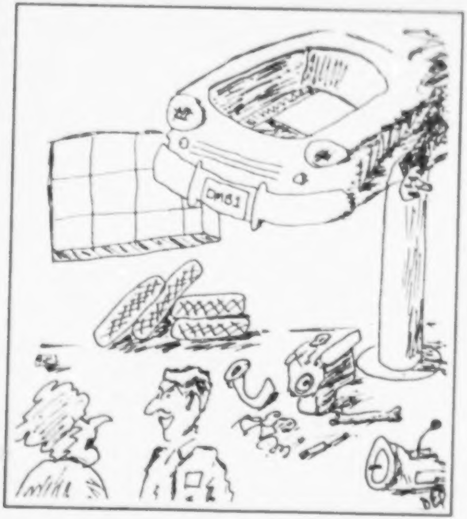

Buyer Beware

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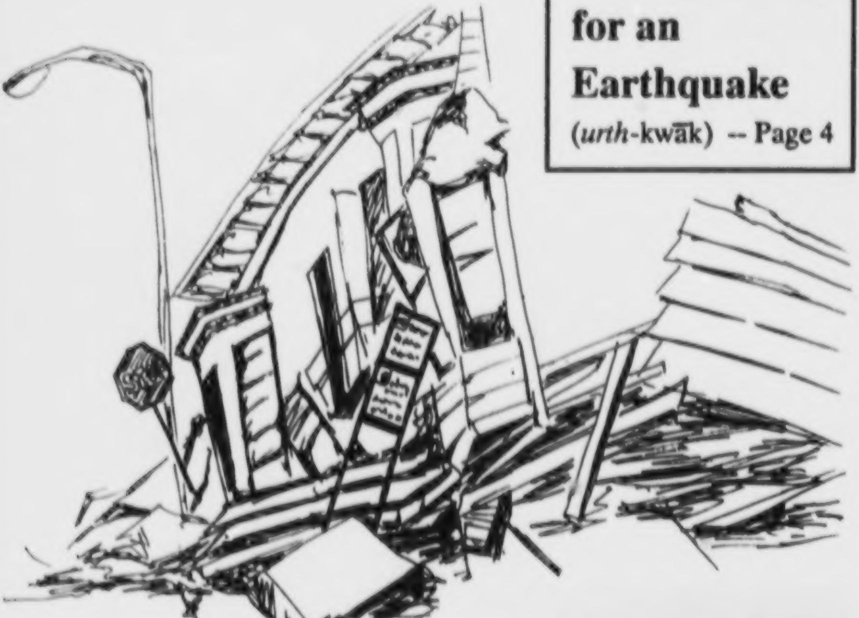
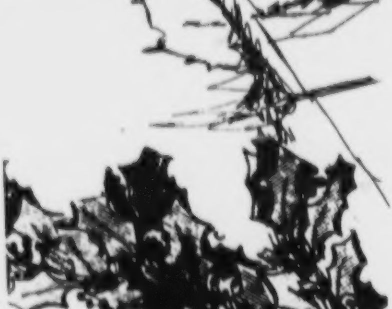
Winter 1989

Getting Ready for an Earthquake

(*urth*-kwāk) -- Page 4





How to Shop by Mail

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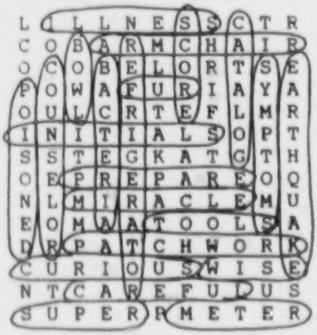
Puzzle answers:

Puzzle on page 51



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We would like to see your stories, articles or poems to consider for this magazine. Send them with a self-addressed, stamped envelope to:

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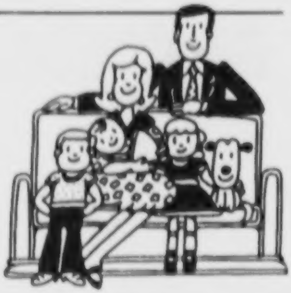

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Letters

Dear Readers,

Happy holidays! We hope you enjoy this issue of *New Words Digest*. We also hope to hear from you about it.

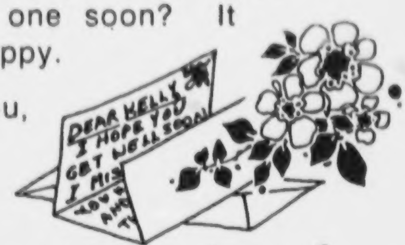
Many of you know Kelly Lynn Baylor, who did this magazine before. Kelly has been real sick this year. First she had pneumonia (noo-mōn-yuh). Then she had a stroke. She was in the hospital for a while, but she is home now.

Getting better from a stroke takes a long time. Kelly was not able to talk for a month because of it. And she is not able to move much.

We thought that during this holiday season you might like to write to Kelly. We're sure that a special note from you would be just what she needs. Won't you think about sending her one soon? It would make her very happy.

For Kelly, we thank you,

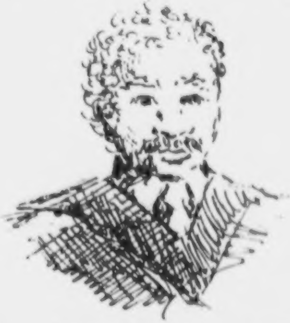
Send your notes to:
Kelly Lynn Baylor
210 E. Hinckley-#27
Mt. Shasta, CA 96067



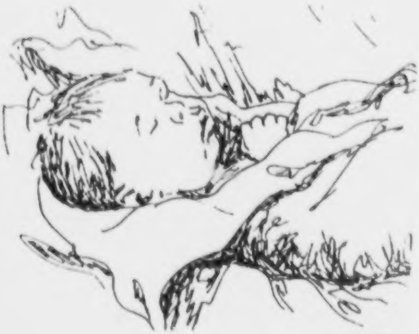
David and Laurie Penner

New Words Column

These are all words that describe things. You will find them in bold print in many stories in this issue.



wise (wīz)--Knowing what is true or good. A judge (juj) should be **wise**.



careful (*care*-full)--Taking care about how something is done or said. You should be **careful** when doing things with a baby.

curious (*kyoor*-ee-us)-Wanting to learn or know. A child is often **curious** about things.

Family Living

Getting Ready

by L. L. Warner

A major earthquake (*urth*-kwāk) hit the Bay Area of California this year. Some people were killed or hurt. A million people lost their electric power. Hundreds of houses had damage. There was a lot of fire. Thousands of people were left without water, food or a place to live.

I live in California. We have a lot of earthquakes here. But they can happen anywhere. Scientists say some are coming in places that haven't had them.

I decided to prepare (pree-*pāre*) my home before an earthquake comes. It may save my family a lot of problems. It may even be the difference between life and death.

Prepare Your Home

I had to change things around a little in my house.

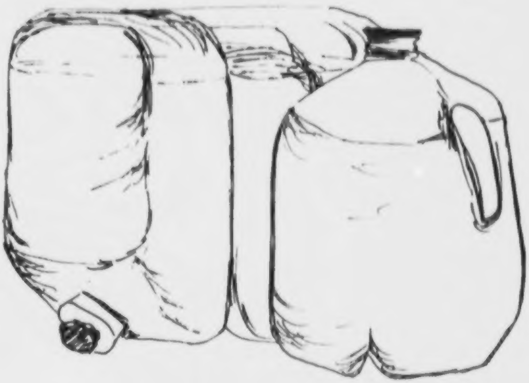
for an Earthquake—

I put glass things and heavy things down lower. In an earthquake, these things can fly down and hit you. I looked around my house and pictured it all moving. Then I could see what needed to be done.

If you have tall, heavy furniture (*fur*-nit-chur), attach (uh-*tach*) it to the wall. It could fall down in an earthquake. You also need to attach your water heater to the wall. Ask how to do these things at the store where you buy tools.

Prepare Your Food and Water

After the earthquake, the Bay area had some water problems. People had to line up for water every day. I have been storing water for 2 years. I think I have enough for my family--and the neighbors too!



It is **wise** to empty the water out every three months or so. Then put clean, fresh water back in. You need to store up several gallons.

Store up food that does not spoil quickly. I have food in cans and dry milk. Make sure you have a can opener that does not need electric power. If you take medicine, keep a lot on hand. I try to keep food for my family to last two weeks.

Prepare Your Family

Some places are better than others in an earthquake. I have told my children to get under a table or desk. A doorway is a good place too. I told them to stay away from windows or other large glass things. The glass might fly around.

Stay away from brick walls in an earthquake. Your car is a good place to be. But get it away from big buildings or highway bridges.

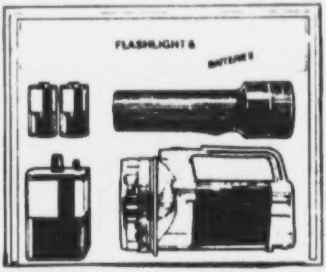
Always cover your head during the earthquake.

You should also decide on a place outside your house for your family to meet. Our family plans to meet at the mailbox. That way, everyone can find the others and know they are safe.

Prepare for Safety

You need to have a few other things to be ready for an earthquake.

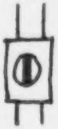
- *A flashlight*--Your lights may go out. You should not light a match. There may be a gas leak, and you have to be **careful** with fire. You should not even try to turn a light on. This could also start a fire if there is a gas leak. I keep a flashlight by the bed.
- *A hand radio*--You need a radio that works on batteries (*bat*-ur-ees) to hear the news. Turn this on right away. There may be directions on what to do.
- *Batteries*--You need these for the flashlight and the radio.

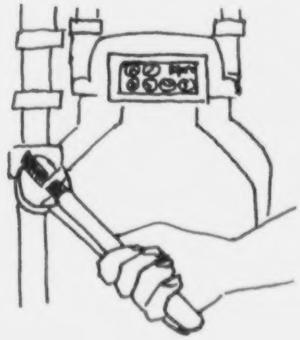


- *First aid kit*--Buy a first aid kit.

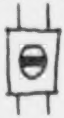
- *Another way to cook*--You need a barbecue or camp stove, matches and fuel (fyool).

- *Tools*--Keep tools where you can get them. Keep a wrench (rench) to turn off your gas. Turn it off only if you smell gas. Find your gas meter (*mee*-ter) outside ahead of time. There is a valve (valv) on the meter that looks like this:





If you smell gas after the earthquake, turn the valve to look like this:



- *Bleach*--Use plain bleach with nothing added to clean your water for drinking. Too much bleach can make you sick. You need only 8 drops of bleach to clean 1 gallon of water.

- *Clothes and Blankets*--You may have to leave in a hurry. Or there may be a fire. Keep clothes and blankets ready.

After an Earthquake

Do what the public safety people tell you. Don't use your phone unless you have an emergency. The phone lines are needed. Check your water lines and gas lines. If there are electric lines down, don't touch them.

Stay off the streets. Stay away from tall buildings. Let the gas company turn your gas back on. If you didn't store water, get some from your water heater.

If your house has a lot of damage, you will need another place to stay. The Red Cross service has a place to stay in an emergency. They also have food and other things you need. Listen to your radio to know where to go.

An earthquake comes without warning. But you can save your family a lot of trouble. You may even save their lives. Be prepared.

Real Life Story

The Toy Miracle

by Laurie Penner

(*meer*-uh-kul)

One spring I wanted to give my one-year-old daughter some better toys. We'd had a poor Christmas and she was growing. I wished she could have something she would really like playing with.

Then one day I had an idea. Someone had given me a box of fur material. So I thought of sewing a play dog for Becky. It had to be patchwork (*patch*-work), because the fur pieces were small.

Becky watched me sew. Her blue eyes were very **curious**. Soon, Becky saw the long ears on the dog. She knew what it was. She took it and ran off with it.

"Hey! Bring him back," I laughed. But I was glad she liked him. "He's not done yet," I said. "See? He needs eyes."

She handed him back, but I could tell she wanted to keep him. Soon she reached up and patted him.

"Boo-boo," she said, not knowing the word for dog yet.

"Yes, Boo-boo," I nodded, smiling. "That's a good name."

That's how Boo-boo became part of the family. Becky made him her best toy. He had eyes that moved, a black nose, and floppy ears. He was white, blue, brown and orange (ōr-unj). Boo-boo was a toy and a friend. He went everywhere with Becky. He went to Grandma's house and to watch TV in the living room. She took him to bed at night. Becky played house with him. She swung him around by the ears or tail. She sat on him. Somehow he held together! Becky played, laughed and cried with her little patchwork dog.

One day, when she was five, Becky asked to take Boo-boo to school to share.

"I don't know..." I said slowly, trying to be a **wise** mother. "It's the last day of school. You might forget him or something." I wondered if anyone would want to see him. His ears were ripped. The fur was matted. There were stains on him.

"Please?!" she begged. "I want to share my Boo-boo. The kids haven't seen him yet."

"All right," I laughed. "But be **careful**." I wondered if it was safe for him. Well, he's only a toy, I told myself.

I should have been a **wiser** mother. Becky came home that afternoon without her dog.

"I had to get on the bus," she said, crying. "They wouldn't let me go find him."

Becky's father, David, rushed to the school. But he couldn't find Boo-boo. "I thought I gave the dog to the right little girl," said the school aide. Then we knew someone else had taken Boo-boo home.

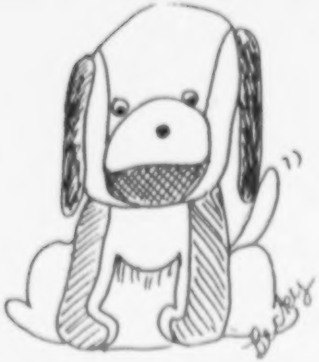
It was like a friend had died. Becky brought out the picture book. We spent some time looking at pictures of Boo-boo. We saw how many there were as Becky was growing up. There was Boo-boo in her crib with her. And there was Boo-boo at Christmas. And we had Becky hugging Boo-boo while drinking her bottle (*bah*-tul). There were few pictures of Becky *without* Boo-boo. Becky's heart was broken over her dog. We all felt bad too. I was so sorry I had let her take him to school.

Months passed and Becky felt better all the time. Soon summer was over and school began again. In October, Becky came home one day and ran into the house.

"I saw my dog!" she said.

"Your dog?" I asked **curiously.** All I could think of was our live pet dog,. Pete, outside.

"Boo-boo!" she told me, but she didn't look happy. "A little girl had him in a bag, and got off at my bus stop! I tried to tell her he was mine. But she just ran and said, 'No he's not! I bought him at a yard sale!'"



I knew she was right. There was no mistaking Boo-boo. He was one of a kind. But this was amazing (uh-māz-ing). Would the dog be found because *another* little girl took him to school *to share*?

The next day, Becky and her father waited in our car near the bus stop. They followed the little girl home. David told the curious way of things to the mother. The woman understood and was kind. She told Catrina to give the dog back to Becky.

Was this how the story would end? Would Catrina also bring her dog to share, only to have him taken away? It didn't seem right, but what could be done?

Catrina did what her mother told her. There were many tears. "He's my Sassy," she cried. Becky was beginning to feel very badly for the other little girl. Then David had an idea.

"I think my wife can make another dog," he said. "She may even still have some of the same colors of fur." Then they came home and told me.

"Remember when I lost him?" Becky asked me. "I prayed I would get him back." It did seem like a miracle.

I had the new dog ready by the next day. I thought the name "Sassy" fit the patchwork dog as well as "Boo-boo" had. Happily, Becky and her father took Sassy over to Catrina.

"Sassy!" Catrina cried when she saw the same patchwork fur and colors. That was when we all knew the miracle was complete.

Becky is now 10 years old, but she still loves her dog. Boo-boo is a toy miracle that, for Becky, will be around for a long time.

Do you have an interesting true story? Send it in! You can can win $5.00. Find our address inside the front cover.

What's Cooking

Easy Holiday Candy

1/2 cup peanut butter *1 cup oats*

3 tablespoons butter *1/2 cup sugar*

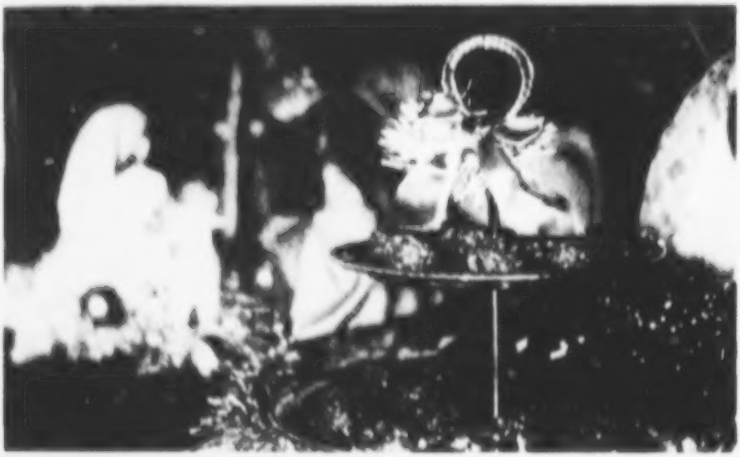
2 tablespoons cocoa (kō-ko)

Melt the peanut butter and butter in a pan on low heat. Turn off the heat.

Add the oats, sugar and cocoa to the pan and mix well.

Make little balls with the mix and put them on a plate. When the plate is full, put it in the refrigerator (ri-*frig*-er-ā-ter).

The candy will get hard in the cold and be ready to eat.

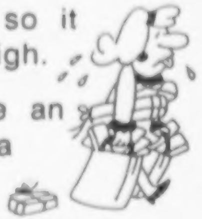


Your Money

Armchair Shopper

by Vin Smith

Have you been in shopping crowds? There are never ending lines, or so it seems. And often the prices are high.



None of that for me. I've become an armchair (*arm*-chair) shopper. I use a catalog (*cat*-uh-log).

"I need a new pair of shoes!" Beautiful Wife said one morning. "And I need them yesterday."

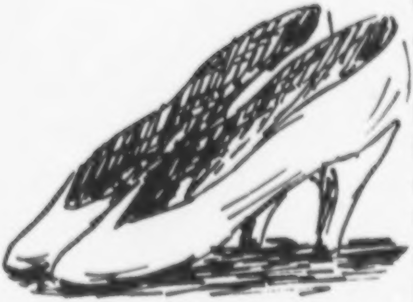
"How about mail order?" I said.

"What?" She wasn't sure about this.

But at the store there were crowds. The lines were long. The store was high-priced.

"None of this for me!" cried Beautiful Wife. Now BW is an armchair shopper too.

Catalog Shopping



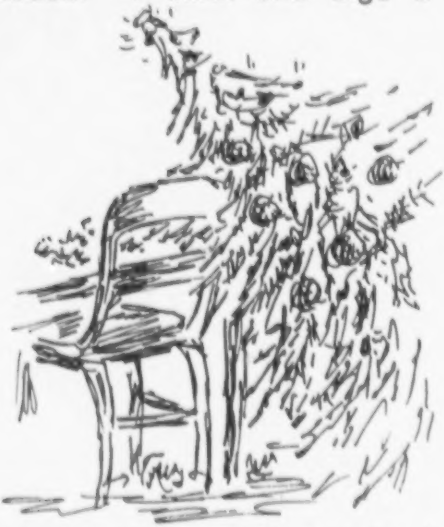
And what a lot of pleasing products we saw in the catalogs! We quickly ordered a pair of blue shoes for the BW. Soon the shoes came by United Parcel (*par*-sul) Service. This is known as UPS. And the shoes were only $12.95.

This kind of shopping was getting interesting. I got out my hard-to-shop-for list. There was Uncle what's-his-name. (We can't pronounce it.) I remembered that Uncle is always taking notes. He writes phone numbers on pieces of paper. Well, there in the catalog was a black note book that fit Wonderful Uncle. Now all I had to do was remember what his initials (i-*ni*-shuls) were. They would put them on it in gold for you. This was a nice touch.

Sisterloo

Oh, how easy this was! No crowds, long lines, or high prices.

But was it possible? Might I find something for Sisterloo? That's my sister, Nancy. For some reason I started calling her Sisterloo back in the 1950's. It has stayed ever since. But most of my gifts to her do not stay, at least not around her house. I think she digs a hole in her back yard every December 26th for unwanted gifts!



I looked **curiously** over the catalog. I had to find just the right thing. I let my mind picture her house, every dark corner. I felt it was **wise** to find something that didn't break (brāk). One year her Christmas tree fell down. It broke a set of glasses. I had bought them at a store that was crowded, and had long lines.

And there it was, on page 34. It was an Easy-Watering No-Tip Tree stand. It looked strong enough to hold up the White House Christmas tree. It was just what she needed.

Now I was moving along. My list of hard-to-shop-for's was cut in half.

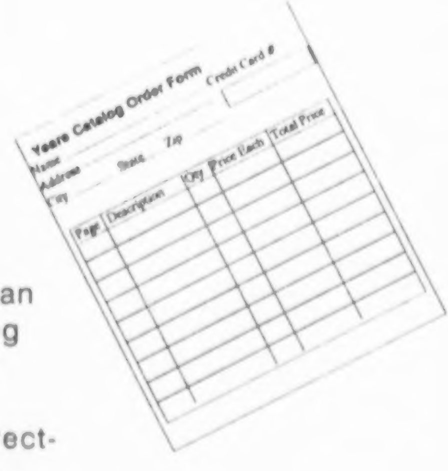
I quickly found other things for my wife and daughters. The orders came in no time. Everything was fine--not broken. I turned on the TV to watch a football game and wrap (rap) presents.

But in came the BW. Hide everything!

"Hi, Dear," she said. "My new shoes are sure great. But the shopping lines are long, and I thought I'd come home to be with you. Dear, what show is this?" she asked. Something besides football was on.

"It's Home Shopping Club!" BW said happily. She sat down. I never did find out the score (skōr) of that football game....!

How to Shop by Mail


Yeere Catalog Order Form
Credit Card #
Name
Address
City
State
Zip
Page
Description
Qty
Price Each
Total Price

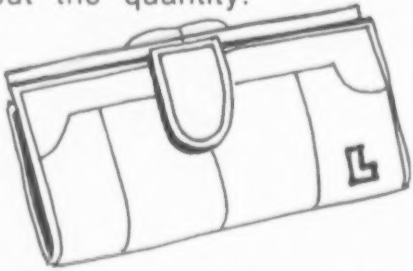
Shopping by mail can be done by catalog or other ways. But be **careful** to write everything down correctly. Shipping departments can only send what you tell them.

Here are some of the things the order form might ask for:

Page Number. This helps the shipping department to check your order.

Description (dee-*scrip*-shun). Some companies say "Send These Items to Me." Write the name of the product in here.

Quantity or Qty. (*kwan*-ti-tee) This means how many you wish to buy. I once thought I ordered seven repair clips for a piano. But I had ordered seven sets of clips. There were eight clips per set. I got fifty-six clips! This was not what I had in mind, but it was my fault. I was not **careful** about the quantity.



Initials (i-*ni*-shuls) You may be able to get initials put on the gift. Be **careful** to get them right. Sometimes you can put a full name.

I once ordered recipe cards. I asked the company to put "World's Greatest Chef" below my name. I get great laughs when one of my recipes fail! Most companies limit the number of letters that can be put on a product. There might not be enough room. So watch out.

Price Each. Be **careful** with this one. A mistake here will hold up your order.

Total Price. Add the price of all the products you are buying for the total. This is sometimes called *Extension* (ex-*ten*-shun).

Credit (*kre*-dit) *orders.* Be very **careful** to list your credit card number correctly. I ordered a product to use in writing this article. But I left out a zero in my credit card number. My order was held up as the company's computer didn't know what to do. It is all too easy to get credit card numbers turned around.

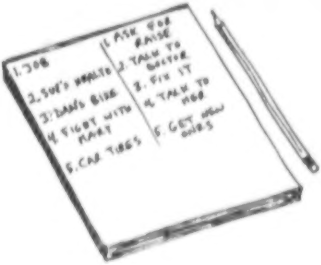
Address. You want to write your address so it can be read. This goes without saying. But many times one forgets to write in the correct address to ship to. If you have more than one address, make sure you write down the one you want.

If you are **careful**, your orders can be worry free. Tell them to ship it UPS if you can. They can save a lot of time.

Happy shopping, armchair shoppers!

Goodbye Stress

Stress Overload II


1. JOB
2. SUE'S HEALTH
3. DAN'S BIKE
4. FIGHT WITH MARY
5. CAR TIRES
1. ASK FOR RAISE
2. TALK TO DOCTOR
3. FIX IT
4. TALK TO MOM
5. GET NEW ONES

by Vin Smith

Stress can be very bad for your health and well-being. Many illnesses (*ill*-nes-sez) can come from stress. Some are: ulcers (*uhl*-sers), constipation (kon-sti-*pay*-shun), alcoholism (*al*-kuh-hall-l-zum), lack of sleep, headaches, and dizziness (*di*-zee-ness). The list goes on. Scientists are finding new facts almost daily about what stress can do to your health.

Stress control (kun-*trōl*) has become very important in health care today. If you control stress, you can feel better about yourself. You can have good health. You can have better mental health too. And you can be happier.

The first step is to find out what is stressing you. On a piece of paper, write five things that give you stress. Write them on the left side of the paper. On the right side, write some possible helps.

It will take some time to do this. There are no quick fixes. Next time I will talk about things that often stress people.

(This is taken from *Goodbye Stress*, © 1987 by Vin Smith.)

Dear Dr. Dean,

I get sick a lot after holidays like Thanksgiving or Christmas. I always thought I ate too much or had the flu (floo). But a friend of mine said it might be food poisoning (*poi*-zun-ing). I told her I wasn't *that* sick. I didn't even go to the doctor. But now I'm **curious**. What can you tell me about this?

Signed,
Sickie

Dear Sickie,

Your friend could be right. About 2 million Americans get food poisoning every year. The two kinds people get the most are called staph (staf) and salmonella (sal-muh-*nel*-uh). The symptoms (*simp*-tums) are so much like the flu that many people don't know they've been poisoned. Only an older person or a baby would have to go to the doctor.

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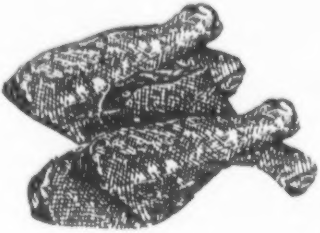
The symptoms of food poisoning are; vomiting, diarrhea (di-uh-*ree*-uh), fever (*fee*-ver) and gas pains. These last from 2-7 days. You could have one or more of these symptoms.

Food poisoning happens when you eat food that has some kinds of bacteria (bak-*teer*-ee-uh) in it. The bacteria are tiny cells (sels) too small to see. If they get into food, they grow fast when it is not kept real hot or cold. This is when they make you sick.

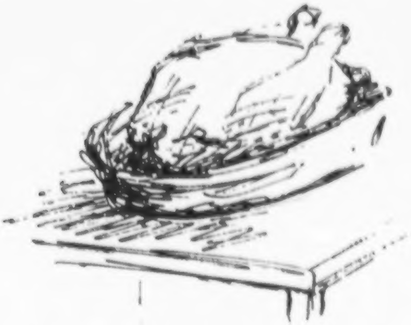


There's a good reason why you may be getting sick after holidays. Turkey is a food that often gets bacteria in it. People sometimes don't cook or store it correctly. You have to be very **careful** with meat that is raw or not cooked all the way. And you have to be **careful** about how you keep the meat after it's cooked.

Here are some tips to remember to keep from getting food poisoning with turkey:

1. *Keep everything CLEAN* when you get the food ready to eat. Wash the bowls (bōls) and spoons and other things **carefully**. Keep your hands washed. Keep your counter and cutting board washed.

81

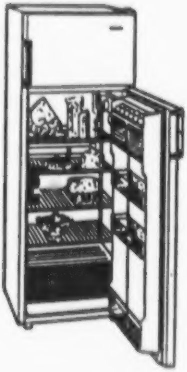


Things that aren't clean can have the staph bacteria on them.

2. If the turkey is frozen, _don't thaw it out on the kitchen counter._ It's better to thaw it in the refrigerator (ree-*frig*-er-ā-ter) before you cook it. Allow one or two days of thawing in the refrigerator. Thawing on the counter allows the bacteria to grow.

3. _Make sure your meat is cooked._ The heat kills any salmonella bacteria that might be there. Turkey should reach 180 degrees in the middle.

4. After eating, put the turkey leftovers in the refrigerator right away. _Do not leave it out more than 2 hours from the time it was done cooking_. If there's bad bacteria, it will start growing. The cold in the refrigerator slows it way down.



5. _Try not to store turkey and dressing together_. The risk of bacteria growing is greater.

82

Don't store turkey in broth or gravy (*gray-vee*). Broth and gravy go bad faster.

6. *When you cook leftover turkey or gravy, heat it completely.* Bring gravy to a boil. This kills the bacteria. You should use the leftover turkey within 4 days, even if you kept it in the refrigerator. If you don't plan to use it in that time, you should freeze it. Use broth or gravy within 2 days. You may have kept turkey longer. But these are the *safe* times to keep these foods.

7. *Be* **careful** *not to get any raw turkey parts on other food.* The raw meat might have the wrong bacteria in it.

Remember: Keep everything hot or cold and very clean. Maybe then you will have a happier holiday!

For more information, call the Department of Agriculture's "Meat and Poultry (pōl-tree) Hotline," 800-535-4555. In Washington DC, call 447-3333. Or ask for their "Safe Food Book."

(Dr. Dean is not a real doctor, but has studied ways to stay healthy.)

Jobs Today

How to Find the Right Job for You

by L. L. Warner

After high school, I didn't know what I wanted to do in life. I had some interest in writing. But I was good in languages and math. I also liked to make things. None of this added up to the best career (kuh-*reer*) for me.

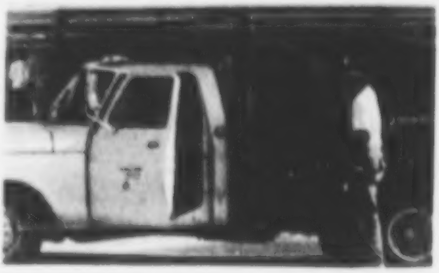
Now I know I should have had career counseling (*koun*-suh-ling). I could have found information about what interested me. Many years went by before I found I really liked writing.

Career Counseling

A counselor (*koun*-suh-lur) might ask:

- What are you good at?
- What do you like doing?

- Do you like to make things?
- Would you like to help or teach people?
- Do you get lots of ideas?



- Would you like to work outdoors?

From the answers to these questions, the counselor can suggest (sug-*jest*) some careers you might like. Then you can decide. I have some friends who got career counseling. Now they are busy training for the career they decided on. Soon they will be able to start working on jobs they enjoy and feel good about.

You can get career counseling at the adult schools or colleges in your area. Some colleges have whole courses on finding a career.

Talk to People

There are other ways to find a career. You might want to talk to people with careers you are interested in. Be **curious**. People usually like to talk about their jobs. They should be happy to help. Here are some of the things you may want to ask them:

- What do you like about your work?
- Was this job hard to learn?
- What hours and days do you work?
- Do you talk to people a lot?
- How much money do you make?

Are there openings?

You are **wise** to find out if there are a lot of job openings in the career you choose. My husband took a career training course in computer bookkeeping. Later he found there were not many job openings in our city. He also found that he liked computer but not bookkeeping. Be **careful** to study about the career you think you want. You don't want to go to all that work for nothing.

Don't ask a special job training school if their careers have job openings. My husband asked the training school and they said yes. But they just wanted him to pay for the course.

One way to find out about job openings is from "Job Outlook in Brief" (breef). This booklet (*book*-let) tells about job openings in lots of different careers in the United States.

In the booklet, openings are listed by career, or occupation (ahk-yoo-*pay*-shun). There are three numbers by each career. The first one tells you how many people they think will be needed for that career in the future. This is called "Estimated (*es*-ti-may-ted) employment."

The second number tells you how much the career will change. This is called "Percent change in employment."

The third number tells you how many new openings there will be in that job. It is called the "Numerical (noo-*mār*-i-kul) change in employment."

Some of the careers may look like this:

Occupation	*Estimated employment*	*Percent change in employment*	*Numerical change in employment*
Dentists	*151,000*	*30*	*45,000*
Nurses	*1,406,000*	*44*	*612,000*
Writers	*214,000*	*34*	*73,000*
Computer Programmers	*479,000*	*70*	*335,000*
Farmers	*1,336,000*	*-21*	*-285,000*
Metal (met-ul) Workers	*1,298,000*	*-5*	*-60,000*

From this you can tell that there will be openings for dentists, nurses and writers. The computer programmer career is going up by 70 percent. But openings for farmers and metal workers are going down. This doesn't mean you can't choose those careers. But it does mean it's harder to get into. And you need to keep that in mind.

The "Job Outlook in Brief" has this information for more than 200 jobs. You can order it for $1.75 from:

R. Woods
Consumer Information Center-L
P.O. Box 100
Pueblo, Colorado 81002

How Much Training?

Nurses need 2-5 years of college education. Doctors need much more. But sales workers, teacher aides, or cooks might learn by working on the job. Some companies also may have a short training time before you start work. They usually pay you for this training time.

BE A
SALES
PERSON

Any on-the-job type of training is easier than years of school. But this type of job also may not pay as well.

Higher paying jobs usually take a lot of school. I have a friend who is going to school to be a history teacher. It will take a few years and it's hard work. But when he is done, he will be able to teach. And he can make about $25,000 a year.

Some special jobs schools will tell you that their course is all the training you need. But my husband took such a course. He found he needed more training than they gave him. He couldn't get a job in bookkeeping after the course.

There may be other things you need to know about a job. A police worker needs to be in good health. A telephone person needs good hearing. Bookkeepers need to be good in math. On some jobs, you need to be good with your hands.

The best person to ask about career training or other needs is your counselor at school. Or talk to people who do what you are interested in. There are also books at the library to help you with this information.

Everyone wants to find something they would enjoy. So why not you? Start looking for your career today!

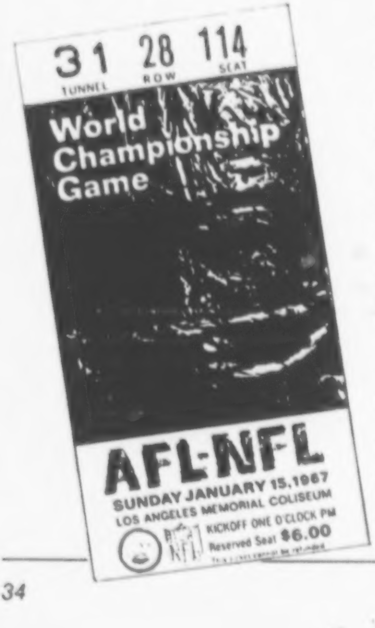
Sports Talk

A Sunny Day in January

by Vin Smith

It was the World Championship (*champ*-ee-un-ship) Game of 1967. The American Football League (AFL) played against the National Football League (NFL). It may have been a man with a TV smile who named it the Super Bowl (*soo*-per bōl). It's not always a super game. But it's always the Super Bowl to millions of Americans.

The first Super Bowl


31 TUNNEL
28 ROW
114 SEAT
World Championship Game
AFL-NFL
SUNDAY JANUARY 15, 1967
LOS ANGELES MEMORIAL COLISEUM
KICKOFF ONE O'CLOCK PM
Reserved Seat $6.00
NFL

If I remember correctly, only about 63,000 sat with me on that day. It was a sunny afternoon. The Green Bay Packers (NFL) were playing against the Kansas City Chiefs (AFL).

For the Packers, it was Max McGee that made the day. He was young for just a minute in time.

He ran about as if he were much less than his 34 years. He caught seven of Bart Starr's football throws. He scored (skōrd) two times.

The Packers came down on Hank Stram's Chiefs--mostly his quarter-back, Len Dawson. Elijha Pitts would earn fame in Los Angeles a couple of years later. He would rush just one yard to score (skōr) for the Rams. But today he joined McGee in crossing the goal line two times for the Packers. Jim Taylor added a fifth score, which ended it.

Super Party

This was almost twenty-three years ago. It was not a great game. It was not one of the best Super Bowls. But few of football's winter sports live up to what is advertised. Teams play it safe. Winning often gets in the way of looking good.

Super Sunday is not the high point of football's season. It is the high point of the sports year. No other happening interests Americans just like this game. Baseball may be America's game. But the Super Bowl is America's party.

It wasn't always so. Many left early from that first Super Bowl game in the Memorial Coliseum (mem-*or*-ee-ul call-i-*see*-um). Before the game ended, many of us changed seats. We ended up in the seats across from the fifty yard line.

I asked the man next to me if he thought the Super Bowl game would be played every year.

"No. The AFL is minor league. Look at the score!" he said.

Green Bay was beating Kansas City badly. Vince Lombardi, the Packers's coach, said later that Kansas City was out of their league. The Chiefs had pulled close at half time, trailing just 10 to 14. But the Packers seemed to do no wrong. Lombardi was set up to be famous that day. Others were too, like Starr, Pitts, Taylor and McGee for the Packers.

Was this America's big party? Not in 1967. It was not to the 40,000 or so fans who left the Coliseum early. It was just another game.

Super History

I have a feeling we are seeing history," I said quietly. "I think this will be as big as the World Series." The man next to me didn't answer.

I drove home slowly that afternoon, the sun still bright. It was a nice California winter day. It was the kind millions see on television every New Year when they watch the Rose Parade. I walked into my house. The kitchen was a mess. I began to wash the dishes.

"I really did!" I cried out to the empty apartment. "I saw history today!" And I had.

What Vin Smith think s the score will be in the next Super Bowl, January 1990:

Cincinnati(sin-sin-*na*-ti) Bengals-24, Los Angeles Rams-17.

Sports Question

Dear Vin,

I am mad at the National Football League for letting the St. Louis Cardinals (*car*-di-nuls) move to Phoenix (*fee*-nix). What other clubs have moved over the years?

Signed,
Lonnie D.
Sarcoxie, Missouri

Dear Lonnie,

All too many teams have packed up and left. In fact, the Baltimore Colts (*ball*-ti-more kolts) moved in the middle of the night to Indianapolis (in-dee-uh-*nap*-uh-lis) a few years ago.

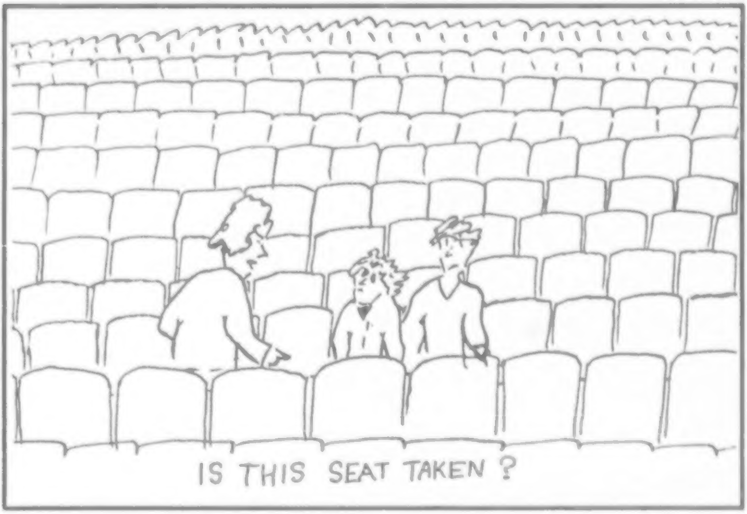
It wasn't the Cardinals' first move. They once played in Chicago (shi-*kah*-go) as the Chicago Cardinals. The Chicago Bears even moved once.

The Rams themselves moved once. They were first the Cleveland (*kleev*-lund) Rams in 1946. They moved west to the Los Angeles Memorial Coliseum. After playing there for nearly thirty years, the Rams went to Anaheim (*an*-uh-hīm) to play at the Big A.

It is true that sports is a business. Clubs will keep moving if another place looks better. But sometimes a club's new home is not as good as the home they left. The Los Angeles Raider's Al Davis may feel home sick for Oakland right about now. The Los Angeles Coliseum is nearly empty week after week.

Send your sports questions to:

Vin Smith, Sports Editor, *New Words Digest*, P.O. Box 6276 , Bakersfield, CA 93386-6276.


IS THIS SEAT TAKEN ?

Government Offices

Phone books can be very different from each other. Some list all government offices in a special area of the phone book. This is usually the "Blue Pages." If your phone book has the blue pages, you can find your city, county or state name here.

If You Don't Have the Blue Pages

Your phone book might not have the "Blue Pages." Then you will have to look in the white pages. Look for your city, county or state name. It will be something like *Bakersfield, City of* or *Ohio, State of.* Federal (*fed*-ur-ul) offices are listed under United States Government.

Government Office Guide

Below is a guide to help you find offices.

Look at the words in boxes. Try to find these offices in the correct section of your phone book. Remember to look for your city, county or state name first. Or look for United States Government, if that's the one you want.

You may not be able to find what you need by the name in the box. Sometimes the same office has a different name. After the box are some of the different names you might find. Try one of these. Use this guide whenever you need to call a government office.

City or County Information

Animal Problems: Look for Animal or Dog Pound. It could also be under the Health Department.

Health, Shots, Hospital: Look for Health Department, Community (kuh-*myoo*-ni-tee) Health, Child Health or Clinic.

Jail or Court: This could also be under Municipal (myoo-*ni*-si-pul) Court, or another kind of court.

Jobs Look for Employment or Vocational (voh-*kā*-shun-ul) Services.

Library: Try Public Library.

JOY
Freedom
HELP
BIBLE
Life

Police or Fire: Look for Police, Fire, or Sheriff (*share*-if).

Schools: Try Education, Public Schools or Higher Education (college). For your child's main school office, look for Superintendent (soo-per-in-*ten*-dent) of Schools, or Director of Schools.

***Welfare** (well-fāre):* Look for Public Welfare, Food Stamps or Income Maintenance (*in*-kum *main*-ten-uns). It may also be called Human Services, or Economic Assistance (ek-uh-*nahm*-ik uh-*sis*-tuns).

You can also find information about marriage (*māre*-ij) or business licenses. Birth or death records, voting and other services may be there too. Sometimes these aren't listed. If not, look for Information, Directory Assistance or Services not Listed. Or try calling your City or County Clerk, Courthouse or City Hall.

State Information

Driver's License: Look for License, or Motor Vehicles (*mo*-tur *vee*-uh-kuls) Department. You also register your car here.

Police: Try State Police or Highway Patrol (puh-*trōl*).

Road Conditions (kun-*di*-shuns): Look for Highway Patrol, Thruway, or Highway Condition Information.

You can also find information about Fair Housing and other services in your state.

United States Government

Look for this in the back of the Blue Pages or find United States Government in the white pages.

Post (pōst) Office: Look for Postal (PŌST-ul) Services.

Military (*mil*-l-tār-ee) *Offices:* Look for Air Force (fōrs), Army, Navy (*nā*-vee), or Marine Corps (muh-*reen* kōr).

Congressman or Senator (*sen*-uh-tur): Look for Congress.

Even with these helps, some offices may still be hard to find. If you have trouble, look in the front of the phone book for "Directory Assistance." Call this number and tell the person the office or service you need. He or she will direct you.

New Words Mystery

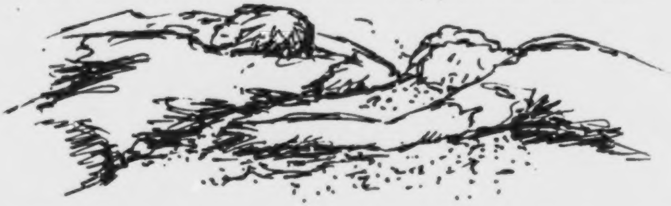
The Never-ending Gift

(Find words in this story that are in other stories in this issue.)

by Laurie Penner

That man poisoned my husband!" Mrs. Summers told the court. She was pointing at Old Ed. Almost everyone in Laketown was in the courthouse that day. They were worried about Old Ed. The police had found John Summers and Ed on the shore of the lake. Both men were passed out.

The doctor said John had food poisoning. John was an older man and very sick. He said Ed gave him part of his lunch. Ed couldn't remember what happened at all.

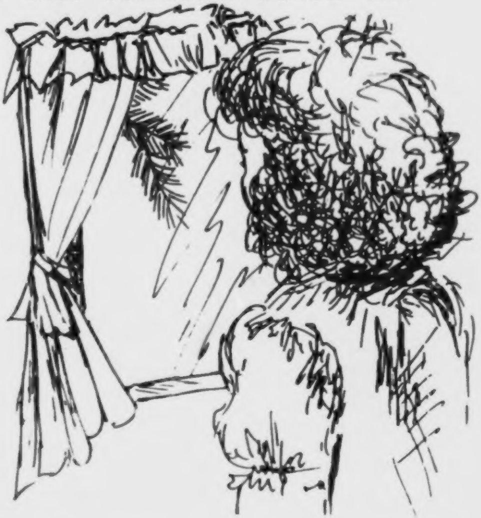


Now Mrs. Summers was telling the court what she had seen.

"Please start at the beginning, Mrs. Summers," said Mr. Walters. He was the Summers' counselor.

"I prepared John's lunch," Mrs. Summers said. "I made a sandwich. John was going fishing out on the lake, you know. He likes to stay out all day."

"And you can see him on the lake from your house. Is that correct?" asked Mr. Walters.



"Yes."

Mr. Walters smiled. "Now tell the court please. What did you see later on?"

"I was sitting in my best armchair looking at my spring catalog," said Mrs. Summers. "I looked out my window. John had picked up Ed somewhere. The two of them were in the boat. I saw Ed give John something to eat. I didn't think much about it. Pretty soon I looked out again. There they were on the shore, all wet. I called the police right away." Mrs. Summers wiped tears from her eyes.

"Thank you," said Mr. Walters. "You may step down. Now I wish to call Dr. Warner to the stand."

Dr. Warner rose from her seat in court. She made her way up to the wood chair.

"Dr. Warner, can you tell us what happened to John?" asked Mr. Walters.

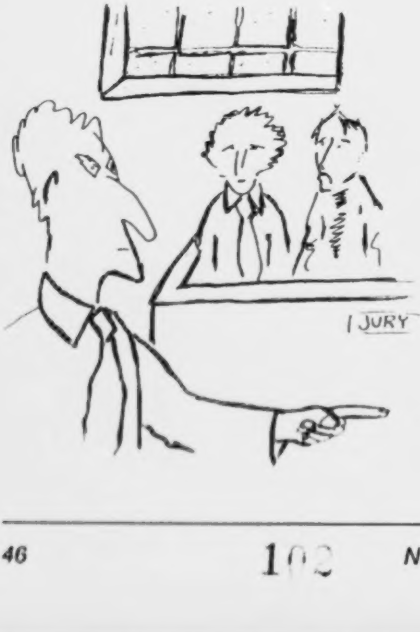
"Yes," said the doctor. "He had all the symptoms of food poisoning."

"And how did he get this illness?" asked Mr. Walters.

"From eating something with the wrong bacteria in it," said Dr. Warner.

"So Ed here could have handed him this food with bacteria in it?"

Dr. Warner became upset. "Now see here," she said in an angry voice. "You can't believe that Ed would mean to hurt someone!"



"Just answer the question," said Mr. Walters.

Dr. Warner looked away sadly. "It's possible. But I don't think..."

"Thank you, Doctor. You may step down."

Next, Ed came slowly up to the chair. Everyone felt very badly for him. The whole town loved him.

"Did you give John part of your lunch?" Mr. Walters asked Ed.

"Yes." Ed said.

"You are on welfare, is that correct?" asked Mr. Walters.

"Yes. So what?" asked Ed curiously.

"You often need money," said Mr. Walters. "You might need food. Maybe you thought to make John sick. Then you could take his money, or his lunch."

"That would be amazing," said Ed. "I give him part of my lunch so I can take his!"

Everyone in the room began laughing. Mr. Walters became upset and sat down. Then Ed's counselor, Mr. Wood, came up.

"Ed, don't you often give food away?" asked Mr. Wood.

"Yes. I buy it with my food stamps. I share it with my friends."

"Have you ever asked anyone for money?" asked Mr. Wood.

"They give it to me all the time," Ed said. He smiled. "I wouldn't have to ask."

"I think that we can safely say you wouldn't poison someone for it."

"No, I sure wouldn't," laughed Ed.

People in the court were sure that Ed didn't mean to poison John. But then John Summers went up to speak.

"I have always liked Ed," John said, looking at Ed sadly. "But I had eaten my own turkey sandwich 2 hours before, and it was fine. Then Ed gave me that cookie. I got sick right away. I don't know why Ed did this to me. I thought we were friends."

"How did you get in the water?" asked Mr. Wood.

"I fell in when I was sick. I don't know what happened. I think I passed out or something. Next thing I knew, I was in Dr. Warner's office.

Suddenly Dr. Warner jumped up from her chair in the court room. She ran over and spoke to Mr. Wood. Mr. Wood called Dr. Warner to the stand.

"Dr. Warner, do you have new information for the court?" Mr. Wood was smiling.

"Yes I do," said Dr. Warner. "I did tests. John had salmonella food poisoning. This bacteria does not grow in cookies. It grows in turkey! John told me Ed gave him part of his lunch. I didn't know until just now he gave him a cookie!"

Everyone in the court began talking. They looked at Mrs. Summers. They thought she must not be careful with turkey. Maybe she did not put it in the refrigerator.

"Also," the doctor went on. "Food poisoning does not act right away. It takes 2 hours or more. It was John's own turkey sandwich that made him sick."

This was great news. But everyone still wondered how John and Ed ended up on the shore all wet. Then Mr. Wood brought up a small boy.

"Tommy, please tell us what you saw."

"I was fishing," Tommy said. "I could see the boat. John started getting sick. Ed tried to take the boat right back to shore. But suddenly John stood up and fell in the water. Ed went after him. I couldn't believe it. Ed is afraid of the water. He can hardly swim. He could have died!

"I ran for help," Tommy went on. But everybody was already going to the lake."

Soon the court was over. Mr. Wood came up to Tommy. "You sure helped Ed!"

"Good!" said Tommy. "He's the nicest person I know. He would give you anything he could. He would even give his life."

"It looks like he almost did."

The two looked over at Old Ed. He had brought out a bag of cookies. He gave one to everyone in the courthouse. Even Mr. Walters got one. They saw John and Ed shake hands.

"Ed sure does give a lot," said Mr. Wood.

Tommy said, "I think when you give your life, you give the most. It's a kind of never-ending gift. You might forget other presents. But you would never forget someone giving a life."

Mr. Wood thought about this. Then he patted Tommy on the head.

"You know, I think you're right. You're pretty wise for a little boy," said Mr. Wood.

Tommy just smiled.

Word Search

Game One: Find the Words

L	I	L	L	N	E	S	S	C	T	R
C	O	B	A	R	M	C	H	A	I	R
O	C	O	B	E	L	O	R	T	S	E
P	O	W	A	F	U	R	I	A	Y	A
O	U	L	C	R	T	E	F	L	M	R
I	N	I	T	I	A	L	S	O	P	T
S	S	T	E	G	K	A	T	G	T	H
O	E	P	R	E	P	A	R	E	O	Q
N	L	M	I	R	A	C	L	E	M	U
E	O	M	A	A	T	O	O	L	S	A
D	R	P	A	T	C	H	W	O	R	K
C	U	R	I	O	U	S	W	I	S	E
N	T	C	A	R	E	F	U	L	U	S
S	U	P	E	R	P	M	E	T	E	R

armchair
bacteria
bowl

careful
catalog
counselor
curious

earthquake
fur

illness
initials

meter
miracle

patchwork
poisoned
prepare

refrigerator
score
super
symptoms

tools
wise

Game Two: See how many other words you can find in this puzzle (that are not on the list). Write them below. There are at least 50.

Answers for **game one** are inside the front cover

Back Issues

You can get past issues of *New Words* or *New Words Digest* if you missed them. Here are some of them:

New Words, February, 1988

This one has "The Facts About AIDS" and "How to Write a Check."

New Words, Fall, 1988

This one has "How to Make a Deposit," and information about how to vote. It also talks about running and other exercise (*ek*-ser-sīze). And it has a list of phone numbers to call when you have problems.

New Words Digest, Fall, 1989

"Jobs Today" and "The Changing Family" tell how jobs and family are changing. "Buyer Beware," tells about how to watch out for bad sales deals. And "Dear Dr. Dean" tells you about the fat in meat.

Write the issues you want on another piece of paper. Also write your name and address. Add $3.00 for each issue. Send a check for the total price to:

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Bakersfield, CA 93386-6276

Jobs
Family
Money
Health

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- $3.00 for sample ($2.00 for non-profit)

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Address Correction Requested

Easy

Candy

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Spring 1990

Helping Your Children Learn

Page 10

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Puzzle answers:

Puzzle on page 34

				D	E	B	T			C	A	T		
	F	A	R			O		H				E		L
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R	E	S	P	O	N	S	I	B	L	E				V
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We would like to see your stories, articles or poems to consider for this magazine. Send them with a self-addressed, stamped envelope to:

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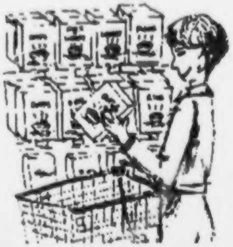
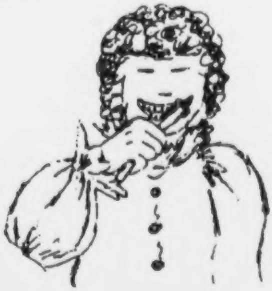
New Words Column

These words are all a part of daily life. You will find them in bold print in many stories in this issue.

choice (chois)--A choosing, or the person or thing you choose.





habit--Something you do often

responsible (ree-*spon*-suh-bul)--The one who must answer for what is done or said.

responsibility (ree-spon-suh-*bil*-uh-tee)--What you are responsible for.

Big Changes Cause Stress

by Vin Smith

Big changes in people's lives have been found to cause stress. Alvin Toffler wrote about this in his book, *Future Shock.* Many others have studied the problem as well.

Dr. Thomas Holmes and Richard Rahe have made a scale (skāl) to measure stress. Changes with higher points cause more stress. For example, the death of a husband or wife has 100 points. Personal hurt or sickness has 53 points. Even a vacation (vā-*kā*-shun) has 13 points. (Remember, stress stops only at death, not at the islands!)

Holmes and Rahe added points. They say about 80 percent of those with over 300 stress points at one time are in trouble. These could become depressed, have heart attacks (uh-*taks*), or other important problems.

The major lesson from the stress scale would be to limit the number of stressful changes at one time.

Next time: Goal Setting

(This is taken from *Goodbye Stress*, copyright 1987 by Vin Smith.)

Real Life Story

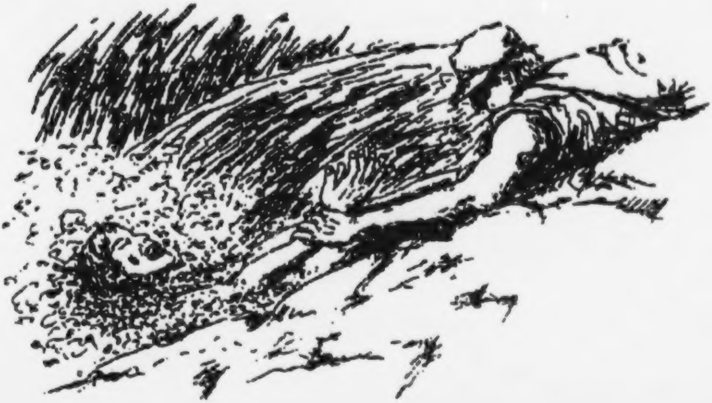
Rescue from the River

by Mike Young

Go get help now!" I called to my friend Terry on the rocks above. I couldn't believe what was happening in the river below. Three people were in danger of drowning. A teenage boy was stuck in a waterfall. He was hanging by his foot, upside down. The water was running right over his face.

Another boy tried to help the one in the falls. He was pulled right down by the water into the pool below. We could no longer see him. Another person tried to reach for the boy. But he fell in too. Now he was trying to hang on to a slippery rock near the shore. And all this as we watched!

I was afraid as I looked at the wet rock 10 feet below me. To help these people, I would first have to jump down to that rock.



I knew I could slip in and drown with the others. Did I want to take that risk?

Terry Moore and I had left our homes in Bakersfield, California early that morning. It was August 19th, 1988. We went to go fishing in the nearby mountains, and tried many places along the river. Later we decided to go back to the first spot. We looked up and down the narrow road. A California transportation crew ("Caltrans") was working on the road. And there were many warning signs that read:

Danger!

Do not swim!

141 lives lost in Kern River since 1968

We couldn't find that fishing spot. We looked in so many places, we passed the Caltrans crew many times. At last we thought, "This is it," and stopped. It wasn't the place. But we tired of looking and decided to stay where we were. Little did we know what was in store for us.

As we walked down toward the water, we saw some people upriver. We shook our heads. They were in the water!

The Kern River is famous around here. It drops down the mountain side faster than almost any other river in the United States. As many as 14 people in one year have drowned. One has never been found. There are many warning signs. And horrid stories are on the news of bodies popping up out of holes under rocks. But people still get in the water.

Terry and I had just thrown our fishing lines in the water. Then we heard a scream upriver.

"Somebody's in trouble, Buddy," I told Terry. We dropped our poles and ran. A huge rock was in our way. Terry went up and I went down. It was as I came around that rock, that I began to see the problem. Brad Enscoe and his two brave friends were all in danger.

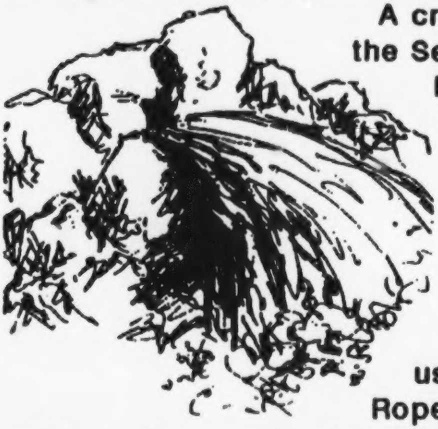
I had to choose whether to jump. But it was a choice without a choice.

I jumped--and was safe! I ran to help Luke first. He was the one hanging on to the rock in the water. I found out it was Luke's son that had gone under in the water a minute before. He was gone--under the rocks somewhere like so many others before him.

Luke and I moved up toward the falls and quickly grabbed Brad's hands. We had to lean way out over a big rock. Brad couldn't keep his face out of the water on his own. Someone had to hold him up, or he would be upside down in the falls.

Soon we heard a yell and were happy to see Luke's son standing on the shore. He was safe! Two down and one to go. We worked to pull Brad free. But we soon saw we could not get that foot free. So we waited for help to come. We didn't know we would wait for 2-1/2 hours!

When I called to him, Terry had run to his car. He then drove to the Caltrans crew we had seen working on the road.



A crew member called the Search (surch) and Rescue team of Kern County. The crew did not wait for Search and Rescue to come. They bravely set out to help us at the river. Ropes were tied to the rocks so they could climb down 30 feet to the falls below. Once at the falls, they quickly put ropes around Brad, Luke and me. The ropes would not stay on slippery Brad. I had to put my arm through Brad's shirt. I hoped the material would hold up!

About half an hour had passed. The Caltrans crew pulled and worked those ropes. But Brad's foot would not come free from the rocks.

Soon, Brad was not doing well. He had been okay at first. But now he began to grow tired and afraid. "Please Mister," he cried. "Please get me out of here. I hurt!"

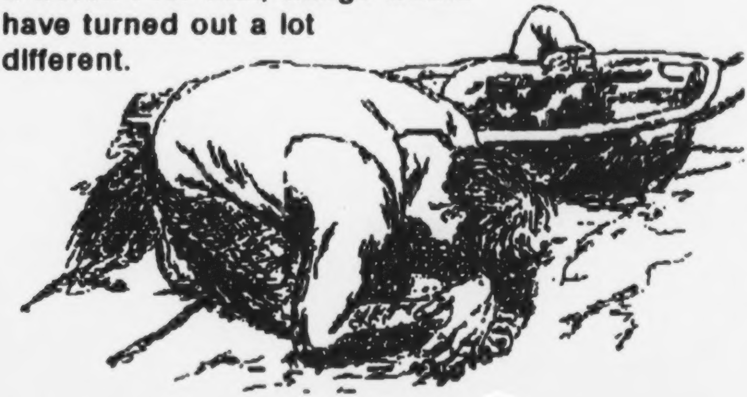
"We're trying, son." I said. "God's not going to let you drown." But I had to wonder. Time went on. And I saw shock and other problems setting in. He could pass out. "Get your head up!" I would yell at him. I knew I could not hold up both his head and his body if he passed out.

I also had to keep my hand in place above the boy's head to keep water from his face. At times, I thought he might not make it after all. We had to get him out. . . soon.

At last, other people came to help with the rescue. We had tried over and over to pull Brad out during those 2-1/2 hours. Ropes were everywhere. They were across the river and up to the road. But when there were enough people helping, we got him out! It had taken at least ten men pulling on those ropes to do it.

We were a lot of tired, but thankful people. We watched Brad go into Search and Rescue's rubber boat. They took him down river to a road closer to the water.

He came out okay--all of us did. But it was all because of that fishing spot we couldn't find. If it weren't for that, things would have turned out a lot different.



Do you have an interesting true story? Send it in! You can can win $5.00. Find our address inside the front cover.

Helping

by Laurie Penner

One day, I got out some sewing. My 8-year-old daughter saw me and said, "Can I sew?" Soon, she was learning sewing. Why? Because she was watching me.

The most important part of your child's learning is YOU. They see how you learn--or IF you learn. And they follow. But it's important for them to see you learning when they are very young. They need to see early that learning is a part of life.

Habits

Does your child see you reading--or watching TV? My daughters like to read. But a lot of the reason is that WE are often reading. When they see us reading, they go get a book. They remember that there are interesting stories to read in books. But if we start watching more TV, that's what they want to do too.

Your Children Learn

When my two daughters were very little, we sent them to bed with books. They could only look at pictures because they couldn't read yet. But it was something to do before going to sleep. After a long time, it was a good **habit**. When the older one was four years old, she said: "I want to know what it says." She wanted to read.

If a child is given the choice, she will choose TV over a book. It's easy to watch TV. And it's fun. But it can become a bad **habit**. Don't leave the TV on all day or all evening. Choose times for TV. Children soon get used to a **habit** of less TV. They find other things to do. Many of those things are part of learning.

When you do watch TV, let it be a time to share with your child. Talk about what is on TV with her. If it's something you don't agree with, talk about that too.

Math

Help your child with math by letting him help you. Take him to the store with you. Say, "Let's figure (*fig*-yoor) out which of these lunch meats cost less."

Or let him work on a recipe with you. Let him help you measure the flour and sugar.

One time my girls had Christmas money to spend. At the store, they kept asking me how much they had spent so far. Pretty soon we were all adding and subtracting (sub-*trak*-ting) as they made their choices.

This kind of thing helps your child see how math is used every day. And it can be fun to work on such problems together.

Does your child want to order something through the mail? Let him figure out the form, if he's old enough. Then check it over together.

Homework

Show interest in your child's homework. If you are interested, he will be interested. Studies show this is true.

How much should a parent do in helping with homework? Well, you sure don't want to just do it for him. He needs to learn to be **responsible** for it. Let him do all he can. But also be ready to answer questions. If you don't know the answer, don't be afraid to admit it. Children in school often learn things we forget when older.

One day, my daughter asked me about the planet Mars. They had been studying the planets in school. She said, "Is there water on Mars?"

Well, I didn't think so. But I couldn't remember. I said, "Let's go look in the encyclopedia (en-sī-klō-*pee*-dee-uh)." We found that scientists believe there is water on Mars. We ended up learning a lot of other things about Mars too. Learning such things together can be a lot of fun. And it can make learning seem more fun for your child.

Be sure and set time for homework. Make homework a habit for your child. He will soon get the idea.

Play

There's a game we play with our girls when we are in the car. It's called, "What am I thinking of?" One person thinks of something--anything at all. Then the others try to guess what it is. They have to ask questions that can be answered yes or no. Even a very young child can play this game. But it's fun for adults too. And the children learn. Like what things are made of. Or where they come from. Or how big or small they are.

There are many kinds of play that teach important skills. Word games are always good. Card games can teach adding and subtracting. Many board games have play money that has to be counted. These can also teach ways to work out problems. And that's important to know in today's workplace.

Work

"Becky, you do the dishes tonight."

"Ah, Mom . . ."

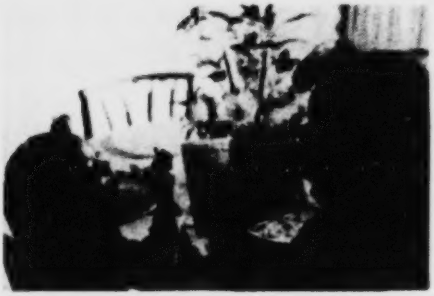
Sound like the usual? But having children do some work at home is part of learning. Let them dump the trash or feed the dog. It's important that there is something they must *remember* to do. That helps with learning **responsibility**.

If they have trouble remembering what to do, make a chart. Give a reward for remembering. A little money is good. If you can't do that, find another reward. Candy has always worked well with children! Or offer to spend time with them. They love that!

In this way, a child learns that work has its reward. And that's important to know.

Choices

As we get older, we have more **choices**. Learning to make the right **choices** starts at a young age. Let your child make **choices** whenever possible. Let her pick out what to wear for school.



(You may need to help at first!) Or let her decide which book she wants to read.

It's important not to make a child decide too much too soon. This can cause her to feel afraid. Most of the time, a child will *want* to choose. But if it seems too hard, help her out. She looks to you for guidelines. If there aren't any, she may decide that choosing is no fun at all. The world is a big place. It can present a lot of choices.

Some people say all children learn. It's *what* they learn that makes the difference. They can learn to think poorly of school. Or they can learn to break the law. Or take drugs. Or give up on life.

Or they can learn that school work and reading are important. And that learning helps you earn more money later. And that to keep on trying will get you somewhere.

Don't just send them off to school to learn everything. Their best teacher is YOU!

Do you have anything to read at home? How about *New Words Digest*? To order, see inside the back cover of this issue.

Dear Dr. Dale,

Every time I turn around I hear something about oat bran cereal (*seer*-ee-ul). At first I heard it was really healthy. Then I heard it wasn't that great after all. What do you know about this?

Signed,
Tired of Oat Bran

Dear Tired,

Sounds like you could use some facts about oat bran!

Some studies have shown that oat bran lowers a person's cholesterol (kuh-*les*-ter-ahl) count. People have their cholesterol tested. Many have found they had high cholesterol. This means their risk of heart disease (di-*zeez*) is greater. When these people hear there is something to help, they want it! That's why all the cereal makers are saying they have the oat bran.

Oat bran has a fiber (*fī*-ber) in it that breaks up in water. It is called soluble (*sol*-yoo-bul) fiber. Some think that this is what lowers cholesterol.

Soluble fiber is also found in beans, apples, pears and carrots. It is what makes oatmeal and beans so gummy-tasting.

Quaker (*kwā*-ker) Oats made a study of 200 healthy people. They first went on a low-fat diet. Their cholesterol went down 5%. After that, most went on another diet. This was a diet with oats. They ate two bowls of oats a day. Their cholesterol went down another 3%. So, it was decided that oats lower cholesterol.

But is it as easy as it sounds? The people in the studies had to eat a lot of oats. And eating oats was not the only thing they did. They also were on a low-fat diet (*die*-ut).

Consumer (kun-*soo*-mer) Reports magazine checked on this. They found that the low-fat diet was the most important. ("Can Cereal Cut Cholesterol Levels?" October 1989). Others are saying this too. They say when you eat oats, you eat less fat. And that's why it helps. They say it's not the oats.

'Eat me, or die!

A lot of facts are not known for sure yet. Studies are still being done. But doctors seem to agree that the best diet has a lot of different foods. You can't get healthy just by eating oat bran. Other grains are needed too--like wheat and corn.

Other fiber is needed too--like insoluble fiber. That's the kind that does not break up in water. It helps constipation (kon-sti-*pay*-shun). It is found in whole grains and vegetables (*veh*-jet-tuh-buls). Some are whole wheat and broccoli (*brah*-kuh-lee). The fiber in these foods also lowers cholesterol. Americans get only about half the fiber they need to stay healthy.

Soon, you will be hearing more about rice (rīs) bran. They found it lowers cholesterol too. And they think it may do it even better than oat bran. The U.S. Department of Agriculture did a study on this.

So don't put all your hopes into oat bran. It's one of the newer healthy foods. But it's sure not the only one.

(Dr. Dale is not a real doctor, but has studied ways to stay healthy.)

Choices

by
David Penner

This month I will be 40 years old. This is a good time to look at my life. What did I do? I made a lot of bad **choices**.

When I was much younger, I wanted to play rock and roll music. I thought I would make lots of money. College didn't seem important. At home, I was pretty good at music. People liked my way of playing. So I moved to San Francisco to start my music career (kuh-*reer*). It was hard. Everyone played music better than I did. I didn't make very much money. And I started using drugs.

Now when I look at those years, I see nothing good. I see five of my best years wasted. I threw my life into the garbage (*gar*-buj).

Why did this happen? It was because I didn't know how to choose. I didn't learn all about what I wanted to do before choosing.

Find Out Ahead of Time

Once, I was taking electronics (e-lek-*tron*-iks) in college. I was good at it. I made A's. Then I decided to quit. Why? Because I thought that an electronics engineer (en-ji-*neer*) sat at a workbench all day. I thought it would be boring.

Did I try to find out about the jobs that electronics engineers do? No. Later, I found out I was wrong. I could have had a good, interesting job. But I only wasted more time.

When you waste time, you waste yourself. You are throwing yourself into the garbage.

Companies Seek Good Workers

The companies in the United States need good workers. They want to help you get ahead. And they pay a lot of money if you know the job. They can find lots of people to do simple jobs. But these people have to be watched all the time. And they aren't paid much.

But those that learn more can earn more. Companies have a harder time finding these people. And they are willing to pay more to get them.

Choose Your Pay

Let's look at janitors (*jan*-i-ters). If you are a helper, you need someone to tell you what to do. You will make up to $5.00 per hour. To do this, you just have to follow directions. And you have to know how to do basic (*bā*-sik) cleaning.

But what if you don't need anyone to tell you? What if you can take care of most problems without help? What if you can do everything that needs to be done? Then you will earn $5-$10 per hour. For this position (pōh-*zi*-shun) you have to learn every kind of cleaning.

But you can also be the Boss! You will need to learn to sell your service. You must do bookkeeping. You must talk with your customers (*kuh*-stuh-mers) when they don't like something. You become the manager. And you buy the supplies (suh-*plīz*) and equipment. You can make $15-$35 per hour or more.

What is the difference between these three positions?

It's how much you learn to do and how responsible you have to be. But it's also how much money you make.

Here's a chart to show the difference in pay:

Job	Per Hour	Per Week
Helper	up to $5	up to $200
Work alone	$5-10	up to $400
Boss	$15-35	up to $1400 or more

If you learn more, then you earn more. Of course, you must follow directions and show up to work. Or you will make no dollars per hour!

Who says what position you will have? *You* do. *You* choose.

You can do anything you want. But start now--make the right choices.

Plastic Money

1234 - 5678 - 9000 - 0000

by Vin Smith

Spring 1990

Part One: Choosing a Credit Card

Paper money used to be looked down on by the old timers. Some felt if it wasn't coin, it wasn't "worth the paper it's printed on." They must be turning in their graves. Say hello to plastic (*plas*-tik) money. It's the wave of the future.

There are some 320 million credit cards in the USA today. That's more than one for every man, woman and child. Some say the credit card boom has made slaves of Americans. It's the "owe my soul to the company store" problem. $600 billion dollars worth of credit card debts (dets) are on the books. Some tell us there are just a lot of bankers out there who would control (kun-*trōl)* our very lives.

What is the truth?

A while back, my mother got her first credit card. I spent almost an hour trying to tell her the ins and outs. A few weeks later, she was billed for a charge (charj) that she had not made.

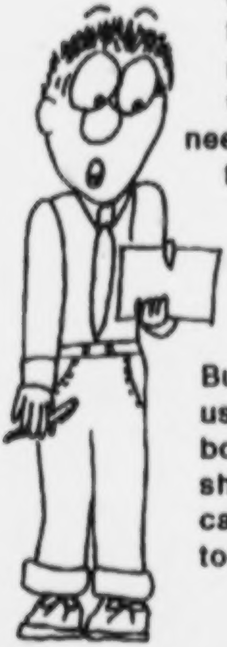
She came close to ending her credit card use. But I talked to her.

"Mom, there is a mistake on your billing. Call the 800 number they gave you. The charge should be stopped right there on the phone."

She made the call. I could see a smile light up her face within a few minutes.

"You were right!" she said after hanging up. "I really can keep control of my money and still have a credit card!"

"Yes!"



And that is the best way to use credit cards. Keep control. Your company keeps records. You can control what you spend. And you need not get charged for something that you did not buy.

Once my wife and I began to buy a series of books on picture taking. We used our credit card. But the publisher also signed us up for another series of books we didn't want. We were shocked. But a simple phone call to the credit card company took care of the problem.

We plan to take the cost of the books off of our taxes. And with a credit card, we have a good record of what we bought. That's why we use it for most of our business spending.

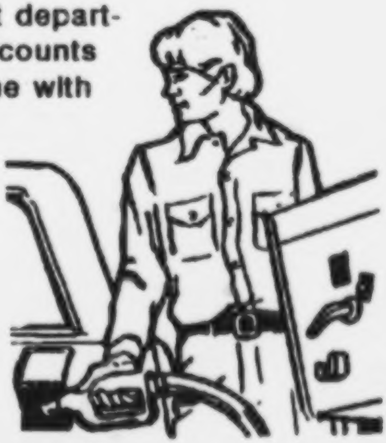
Credit cards are there because there is a market for them. They make a profit for those who issue them. They make things easy for those who own them. But they can also lead you down the path of bankruptcy (*bank*-rupt-see) if you use them the wrong way.

Types of Cards

Let's take a good hard look at the credit card. What is it? What can it do for you? What can it do to you?

There are mainly four types of credit cards.

1. Store or gas card. Most department stores have charge accounts (uh-*kounts*). These might come with a card. Also, some gas companies have cards. The store cards usually have high interest rates.



2. Bank card, such as Master Card and Visa (*vee*-suh). These are both issued by many different banks. The banks offer a line of revolving (ree-*volv*-ing) credit. That line means you can charge up to the amount (uh-*mount*) the bank sets for you.

This might be $5,000. You can make a payment on it each month, or pay it off. You may try to charge more than your limit. But the store clerk checks with MasterCard or Visa. You could be turned down. You are also charged interest on the unpaid balance (*bal*-uns). And you may be charged a fee for having the card, such as $36.00 a year.

3. *Corporate* (*kor*-poor-ut) *cards*, such as Optima and Discover (dis-*kuh*-ver). Discover Card is issued by Sears. They are just like the bank cards.

4. *Travel-and-entertainment* (en-ter-*tain*-ment) *cards*. American Express and Diner's Club are of this type. You have to pay off the balance in full every month. The nice thing is, you don't pay any interest. There is a yearly fee, however. And you will be charged late fees if you do not pay on time.

What to Look For

What should you look for, when shopping for a credit card?

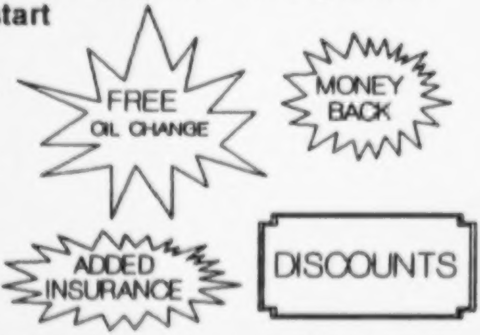
The yearly fee. This can be very different. Some banks do not have yearly fees. Others are high, as much as $45.00.

The interest rate. 16% or less is low. 18% is usual. Over 18% is high.

Other fees. When your payments are late, you pay fees. You also pay if you go over your credit limit.

Charges for getting cash out. Some banks use this to make up for the lack of a yearly fee.

The grace period (grās peer-ee-ud). It is best to get the longest possible grace period. This is the time the card issuer begins to charge interest. Some cards start charging interest from the time you buy something. Avoid such cards if at all possible.



Extras. The credit card company adds these to get you to use their card. They might offer insurance, instant cash, discounts, or a free oil change. The list can be almost endless.

Keep Costs Down

Here's how to keep credit card costs lower:

Know the card issuer's terms. Some cards have lower interest, but a high yearly fee. Others have no yearly fee, but do come with high interest.

Some cards have a long grace period. Other cards have no grace period at all. Check your own credit **habits**. What if you charge a lot? Then the yearly fee might not be as important as the grace period and the interest rate. If you do not charge often, the yearly fee becomes much more important.

Decide which extras mean something to you, and which ones are not needed. Discounts for flying are useless to someone whose fear of flying keeps them grounded.

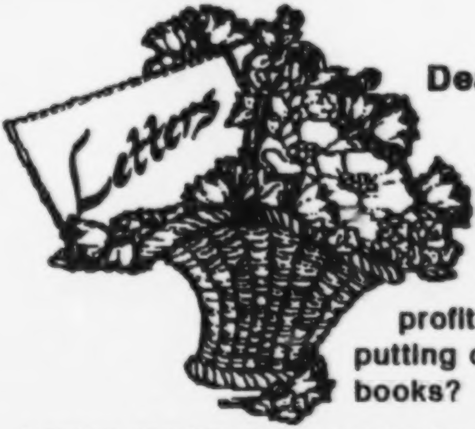
Limit the number of credit cards you have.

Pay your bills on time.

Support laws that are useful to you as a buyer. In most states, the card company does not even have to let you know their terms. You have to wait until you have already signed up for the card. Support laws that will change this.

Pay cash when you can. Once you have reached your credit limit, it is very hard to keep up.

These are good things to keep in mind when choosing a credit card. Next time, I will talk about how to work with credit problems.



Dear Mr. Penner,

There are a few things I'd like to ask you. One of them is if you make a profit on writing and putting out all these books?

I enjoy reading your books because of the lettering and the big print. The one thing I'd like to see in your book is crossword puzzles. I like reading your book and it's worth the money.

Yours Truly,
Velma Trella, Campbell, Ohio

Dear Ms. Trella,

No, we do not make a profit on these books at this time. It costs a lot for all the equipment, the printing, and the mailing. Also, we are now a non-profit program. This means the business is set up to help people instead of to make money. The money we get only helps to keep everything going.

Someday, we may be able to get paid for the work we do. But right now it's all free.

We were so happy to hear that you like the magazine. Thank you for the idea about a crossword puzzle. I will put one in.

Best wishes,
Laurie Penner, Editor

(The following letter has some hard words. But we thought you would like to see it.)

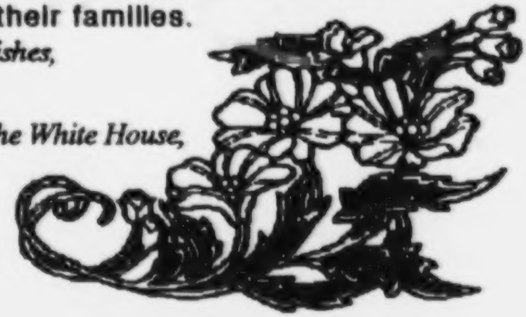
Dear Laurie Penner,

How good of you to introduce (in-truh-*doos*) me to your magazine, *New Words Digest*. Although I am unable to endorse any specific (spe-*si*-fik) materials for literacy, I encourage all efforts that hold promise (*prah*-mis) for helping people improve their reading skills. It is so important to know that adults who are new readers have easy access (*ak*-ses) to materials that are appropriate (uh-*prō*-pree-ut) not just for their reading level but for their interests as well.

I wish you good luck in pursuing (pur-*soo*-ing) non-profit status for *New Words Digest*, and I hope you achieve your goal of providing (pruh-*vīd*-ing) free magazine subscriptions to adult learners and their families.

With all best wishes,
Warmly,

Barbara Bush, The White House,
Washington, DC



Our Fair Share

Did you ever wonder how the government decides where to put new schools? Or new parks? How do they decide which towns get more public services? Or who gets more health care?

It's the census (*sen*-sus). Every ten years the government counts everybody. The census helps the government decide about services. It also tells how many are needed from each state for Congress.

So the census is very important to all of us. It's how we get our fair share. Sending in the form saves our tax dollars too. Every 2 million people that send in their forms saves $10 million. That's because they have to send workers out to question those that don't send in their forms.

Everyone must answer the census. It's the law. But census information is very private (*prī*-vut). It can't be used against you in any way. Your name is never given out to anyone. The numbers of each section are counted. Only the numbers are used as information.

The first census in the United States was in 1790. It asked only 6 questions. And it took 18 months to get done. They counted 4 million people. In 1980, there were 226 million people in the United States. It is believed there are now over 240 million.

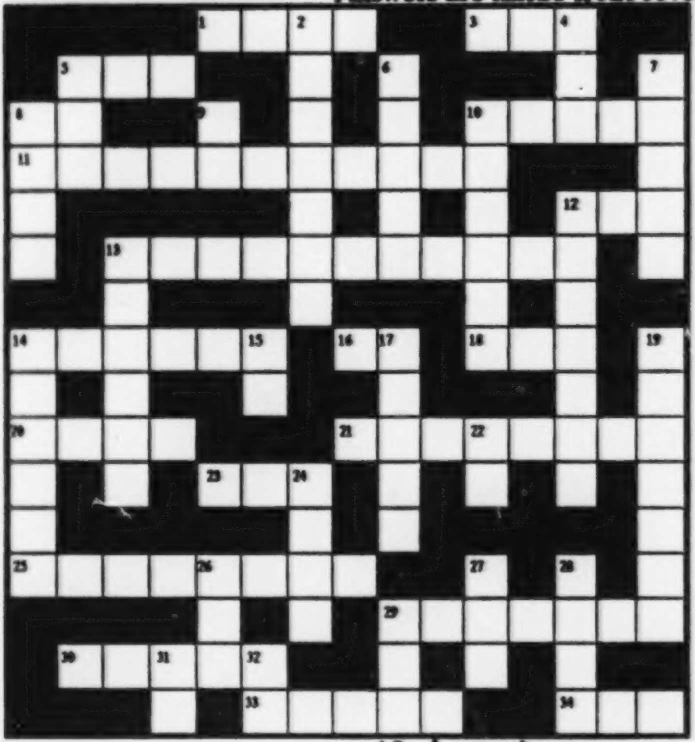
The census in 1790 had to be done by hand. Workers walked all over the country to knock on doors. Now they send forms in the mail. 100 million forms will be mailed March 23rd of this year.

In 1902, Congress set up the Census Bureau (*būr-ōh*). It became the government office **responsible** for taking the census. It started bringing in so much information, it couldn't be counted. But in 1951, a computer was used to count the census for the first time. In 1980, the computers put out 300,000 pages of information from the census. The Census Bureau puts the information in a book with charts. Then anyone can learn what the census shows. (No one's name or address, or any other private information is printed.)

Census information is needed for all levels of government. Without it, we'd have less government services. So, let's all do our part this year. Send in the census!

Crossword

Answers are inside front cover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Across

1. Something that must be paid back

3. A pet

5. Not near

8. To live

10. A way to measure

11. The one who must answer for what is done

12. A kind of dessert (dee-*zert*)

13. Something in your blood; you lower it by a low-fat diet and oat bran (see *Dr. Dale*).

14. Money made from a business

16. Advertisement

18. Not hers

20. A small, white grain

21. The place where a thing is

23. Automobile

25. When something is lower-priced

29. A winter sport

30. Found in grains and other foods; part of healthy eating

33. More or better

34. A word for child

Down

2. You ride it down the hill in the snow

4. A kind of drink

5. Money paid for a service

6. A person's usual way of acting

8. The outside of a grain; part of healthy eating

9. In the direction of

10. Try to find

12. What many things are made of today

13. What is decided upon

15. In the direction of

17. To die under water

19. Tied to something above

22. Inside

24. What people skate on

26. Have to pay; be in debt (det) for

27. A flat, round grain

28. Chance of danger

29. The way to speak to an important man

31. To live

32. A note of music

Sports Talk

Sports in the Cold

by

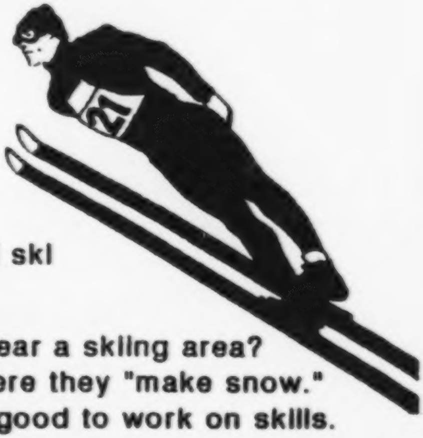
Vin Smith

The cold, cold season is in full swing. It sweeps across our land with its winter breath. And some bodies have gone to fat. No summer activity (ak-*ti*-vi-tee)! Many people become couch potatoes after mid-winter. They just watch TV! But it needn't be! Winter sports are many!

Let's take a look at some of the winter sports overlooked by summer people.

Snow Sport

If you live near mountains, you are likely to know about skiing courses near you. Others travel a long way to ski. The good news is, the cost of skiing is not bad. Low cost rentals make skiing cheaper. There is down-mountain skiing, cross-country skiing, and ski jumping.



What if you don't live near a skiing area? You may find a place where they "make snow." Space age materials are good to work on skills.

Also, most skiing places have a good beginner's course.

Ice Sports

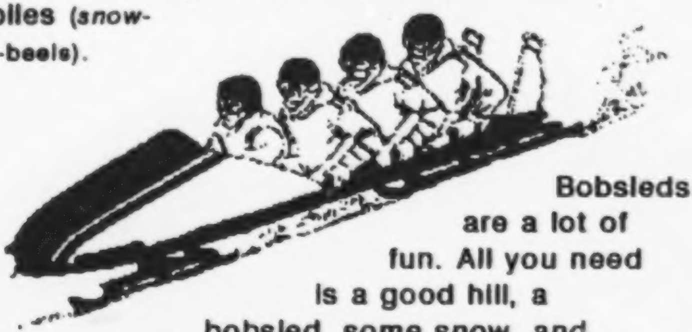
Canadians play ice hockey, as do Northeastern U.S. citizens. You most likely know hockey from TV. But have you heard about curling? It was new to me ten years ago. I spent the winter of '79-89 in Canada. I grew to love this great game. Curling is played on ice. It uses a large "curling stone" that comes with a handle. There are four men on each side. And the stones are slid toward a target called a tee.

Many outdoors people love ice fishing. A round hole is cut in the ice. And a line is dropped through the hole into the cold waters. And there you are! You catch a fish!

Skating is a good winter sport. You burn a lot of calories (*kal*-or-ees) and tone up muscles (*mus*-uls) on the ice. People in the frozen north usually have a pond or lake for ice skating. But others in the warmer south need not worry. Skating rinks are just about everywhere.

Snow Fun

In the last few years, some have gone snow camping. New materials have made tents and sleeping bags lightweight and weatherproof (*weh*-thur-proof). Often, snow campers bring along bobsleds, toboggans (tuh-*bog*-uns), or snowmobiles (*snow*-mōh-beels).



Bobsleds are a lot of fun. All you need is a good hill, a bobsled, some snow, and someone else. The captain sits in front, the brakeman (*brāk*-man) sits in back, and whee! Off you go.

What if you are by yourself? And you still want to go down a snow-covered hill?. Then you might go in for a toboggan. You lay back, get a push off, and there you go!

In 1964, I went to school in Montana. I had read John Steinbeck's *Travels with Charley*. He spoke of this great state. The cold hit hard for us California students. The first day might have iced my ears. But after that I felt as warm as a puppy curled in a blanket.

It's not that my coat was any warmer than anyone else's. It was the beautiful Millie who made the difference. I soon saw that she shook after being out on a toboggan.

"Well. . ." I thought. "I really should be of some service to poor little Millie. She, like me, is from warm, warm California."

Would we have sat so close on a park bench in warm California? I don't know. I do know that she began to date Daryl when the winter gave way to spring. Maybe that is why I prayed for the cold snow to return!

Snowmobiles are used more often now for snow fun. Always know the laws of the area before using a snowmobile. And wear a helmet. It is far better to be safe than sorry.

Or, make your own fun. Have your fingers ever been so stiff they looked like a dead starfish? Mine have. While living in Washington, I made up a game for my two sports-minded sons. Joe Montana had just made great passes in the Super Bowl (*soo*-per bōl). I began to look for a way to make another Super Bowl with my sons at a football field.

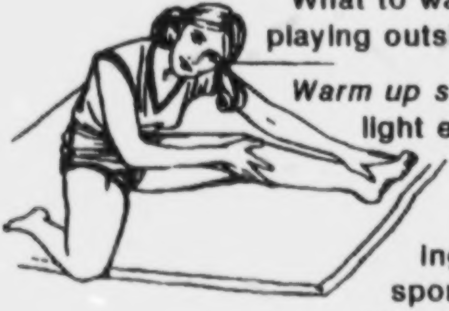
When a heavy snow fell, we used snowballs instead of a football. Part of the fun was to throw a pass that couldn't be caught. It would land right in someone's face!

Snowball fights are one of the best things to do on a winter day.

Indoors

Indoor activities in the winter are also good. Many YMCA's and YWCA's offer a lot for winter exercise (*ek*-ser-sīz). Basketball, handball, and others are offered. Many Y's form leagues over the winter season to offer activity.

You could also play pool or ping pong during the winter. If you add exercise, you might get through the winter without gaining weight. Then there is uncle what's his name. . . All he does is play checkers and never gains the pounds. I should be so lucky.



What to watch out for when playing outside in the winter:

Warm up slowly. Begin with light exercises.

Dress warmly. In a heated building, lightweight sports clothing is probably fine. Outdoors, you may have to dress more warmly.

Cool down. After activity, it is good to cool down while moving around slowly. Watch what the speed skaters do at the Olympics (oh-*lim*-piks). Then you will know how to cool down.

Don't let the winter sports pass you by! Have fun, and join the crowd. And stay in shape all year around!

Sports Question

"What winter sport is best for getting into shape?"
Ethel T., Fort Jones, California

Dear Ethel,

That depends on many things, such as your age, weight, and heart health. For a healthy athlete, many have found cross-country skiing to be just right. Like swimming, cross-country skiing uses all of the major muscle groups.

Now there is equipment that acts like cross-country skiing. This can be used at home. But if you go cross-country skiing, work up to it. It is easy to overdo. You can have painful problems in your muscles if you do not take care. Always do stretching exercises, and warm up slowly. It is also a good idea to get a checkup from your doctor before starting a new sport.

Send your sports questions to: Vin Smith, *New Words Digest*, P.O. Box 6276, Bakersfield, CA 93386-6276.

Graham Muffins

You will need muffin pans for this recipe. It makes 12 muffins.

6 large graham (grā-um) crackers

1 cup milk *1/3 cup oil*

1 egg *1/4 cup brown sugar*

1 cup white flour

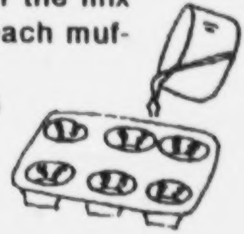
1 tablespoon baking powder

1/2 teaspoon salt

Break up the graham crackers in a bowl. Pour the milk over them. Add the egg, oil and sugar. Leave for 10 minutes.

While you're waiting, turn the oven (*uh*-ven) on to 400 degrees. Put muffin papers in the pans or grease them.

Mix the flour, baking powder and salt in with the graham cracker mix. Pour the mix into the muffin pans. Make sure each muffin will be about the same size. Put into the oven and bake for 15 or 20 minutes. Or bake until the muffins are light brown.



Money-Saving Tips

by Dedre Ahl

I decided to quit my job to stay home with our first baby. So I had to think a lot about how to save money on food. I read ideas from other people. And we don't eat out very often. I also take time to plan well before I shop. This has cut down on our food bills, so I can stay home with our two girls. I heard that if you save money, it is the same as earning it.

Shopping Tips

1. Try to shop only once a week. You will save gas. And you won't buy things you do not really need by going more often.

2. Eat before you go, and make a list. Then you get only what you *need*, not what you *want*.

3. Newspapers usually have food store ads one day a week. Use these ads to decide where to shop and what to buy.

4. Plan ahead what you will have for dinner every day of the week. And use the meats and vegetables (*veh*-jet-uh-buls) on sale as much as

you can. (Sometimes making the list takes as much time as doing the shopping).

Cooking Tips

1. Use smaller pieces of meat in soups and stews. Use more vegetables, noodles, beans or rice (rīs) to fill in. This saves money. It's also better for your health and weight.

2. Make big pots of soup or stew. Then you can freeze part for later. Use it another day when you are too tired to cook or don't have other foods to fix a meal. You can heat it up instead of going out.

3. It saves a lot of money to cut up and cook foods yourself. The more work done by someone else, the more you pay. Cut back on foods that are ready-to-eat. TV dinners are an example. Also vegetables cost more if they are already peeled and cut.

Do you have a money-saving tip to share? Send it in to: New Words Digest, P.O. Box 6276, Bakersfield, CA 93386-6276.

New Words Mystery

Murder in Time

by Laurie Penner

It's a time machine," Mark Taylor said. Mark was talking to a pretty young woman who came to him for help. He was a scientist. And he often used his time machine to figure out problems. But it looked like a room full of wires, lights and knobs to Mary.

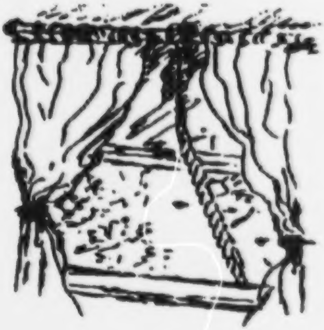
"What good will this do?" she asked. She believed that her neighbor, Deb, had killed her own husband. But she had no proof. She'd heard that Mark could help. But with a time machine?

"You said your neighbors were married 60 years?"

"Yes."

"We will go back in time and search through their life together. I have put everything you told me into the computer. I also store this town's history in there. So it will lead us to key places. Let's try, say, 50 years ago."

Mark led Mary into a glass box in one corner of the room. He took position behind a wired board, and turned on the machine.



Mary was afraid. The whole room got very bright. The machine began to charge up. It made an awful noise and she had to cover her ears.

"How did Joe die?" shouted Mark.

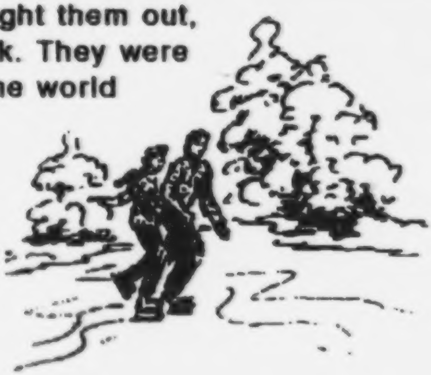
"What?" She could hardly hear him. He asked the question again. "He was found hanging from a window rod!" she said.

A cloud of water mist suddenly filled the box. And they were moving--right through the wall!

Mary screamed, but Mark just laughed. She had heard he was a "mad scientist." Now she believed it!

They came out into cold air. "Oops! I forgot to set the time of year again," Mark said. "Some extra coats are under that board over there."

Mary quickly brought them out, but her hands shook. They were flying over snow. The world was white.



"Here we are," Mark said. "Now, remember, no one will be able to see us."

Mary saw her neighbors up ahead, skating on a frozen lake. They were so young! Others were speeding around the ice also.

"Yes, they were always skiing, or skating in the winter," she said. "Or they took a bobsled down that hill over there. This is where their son, Bob, almost drowned. They told me all about it."

"Their son?" Mark asked. "Very interesting. When was that?"

"About 50 years ago . . ."

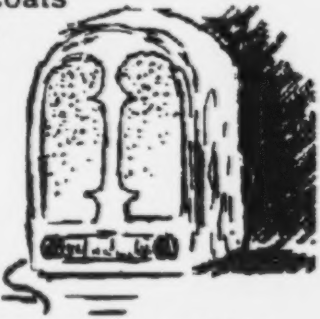
Just then, they heard the sound of water. A boy had fallen in through the ice!

"Oh no! This must be the day it happened!" shouted Mary. "Can't you do something?"

"Sorry," Mark said sadly. "No, we can only visit time. We cannot change history."

"It's your fault!" Deb screamed at her husband, Joe. Mark watched this with interest.

Suddenly, the mist filled the box again. "Let's go ahead a few years," Mark said. "This time it will be spring." He was turning a knob. They soon took their coats off. The mist cleared as they were flying away. They saw rows of oats, wheat and corn below. The box shot down near some houses and went right through a wall.



"This is their house--a long time ago," Mary said. "How old everything looks!"

"40 years old," said Mark. "It's 1950. It was the time of black and white TV. Not everyone even had one. Radio was still used a lot for entertainment."

"That's Harry Truman on the radio!" said Mary. "He was president then."

Deb sat at a desk, looking through some bookkeeping. "She looks upset," Mark said.

"Joe always said they had a lot of debts," said Mary. "Their son had a habit of buying high-priced things. Deb let him have his choice. Joe tried to get him to use the discount products. But Deb would say, "Let him have what he wants."

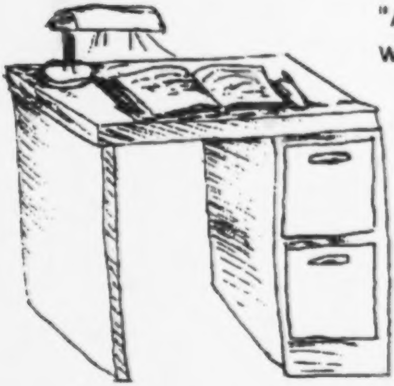
Just then, Joe came into the room. "How does it look?" he asked.

"Not good," Deb said slowly. She turned off the radio. "The balance on what Bob owes is very high still."

"Let him get a better job," Joe told her. "Or tell him to stop spending. Let him take responsibility for what he owes."

Deb wheeled her chair around quickly. "You don't care anything for him, do you?" she asked in anger. "You think he should pay us a fee! Or he should go get a job and make us a profit!"

"Of course I care!" Joe yelled back. "That's why I think he should pay. He's not learning to be responsible. It will kill him. He should pay for what he takes the risk for."



"And not us--that's what you really mean," she said. She turned slowly back to her books. "It will not kill him," she said quietly. "But you will if you don't care."

Joe hit the desk hard with his fist. Deb jumped. But just as she was about to speak, Joe left the room.

Mark was already telling the computer where to take them next. The mist came again. They soon found themselves in the kitchen of the same house, forty years later.

"Eat some bran, Joe," said Deb. You need some fiber now, they say. It lowers your cholesterol." Joe was getting some cereal off the counter. They were much older now.

"I know, I know," Joe said. "Leave me alone, woman." He brought the rice cereal over to the table.

"That's not oat bran!" Deb yelled. "Get your oat bran!"

"I will not!"

"You. . .you. . ." Deb rose up quickly from her chair. "You impossible man! You won't do anything I say. You never did! I told you that you would kill Bob some day. And now look at him. He lives in the streets!"

"I didn't do that to him--you did!"

Deb screamed in anger. She ran over and hit her husband. "You did it--not me! You did it!"

Joe held up his hand to stop her. Then he turned sadly to walk out. Mark saw that Joe found it hard to breathe. He was not in as good health as Deb.

Deb saw Joe leaving. He always left when she was talking these days! He didn't listen to her. She took up the cord to the toaster and threw it over his head. He couldn't breathe at all.

And he was weak. Mary was shocked as she watched him die. She looked away.

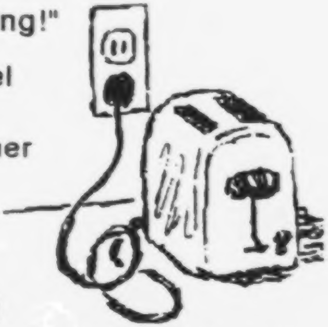
Deb was still yelling at Joe after he died. "You can't die!" she screamed. "I need you! Do you hear me?" She found a rope and tied it around his neck. Then she tied it to the window rod. She pushed the body outside to make it look like he hanged himself. Then she called the police.

"Well, that's it," said Mary.

"Not yet," Mark said. "We still don't have what we need to show that she did it. We don't have any proof."

"We just saw the whole thing!"

"You can't enter time travel as proof in a court of law," Mark laughed. "We need other proof."



Soon, Deb looked at the toaster cord and put her hand over her mouth. It had blood on it! Quickly, she took it to the sink and washed it off. Then she dried it and threw the towel in a corner.

"She always had a habit of doing that," said Mary.

"That's where she went wrong," Mark said. "That towel will have some tiny marks of blood. The toaster cord may still have some too. . . "

Mark saw that Mary felt bad about having Deb arrested."You know," he said. "She's just not safe alone anymore. She needs help."

Mary looked up and knew he was right. Soon, they were flying out over the fields again.

"Do you ever go way back in time--back in history?" Mary asked. She had enjoyed the trip.

Mark laughed. "Sure. I've studied World War One. And I've seen George Washington. Been to a lot of places."

"How fun! I'd like to go again sometime, if you wouldn't mind having me."

Mark thought about that. Mary was pretty. He didn't think he would mind at all!

"Sure thing," he said. "Maybe we can figure out another mystery together."

"I'd like that," Mary said. And she smiled.

Word List

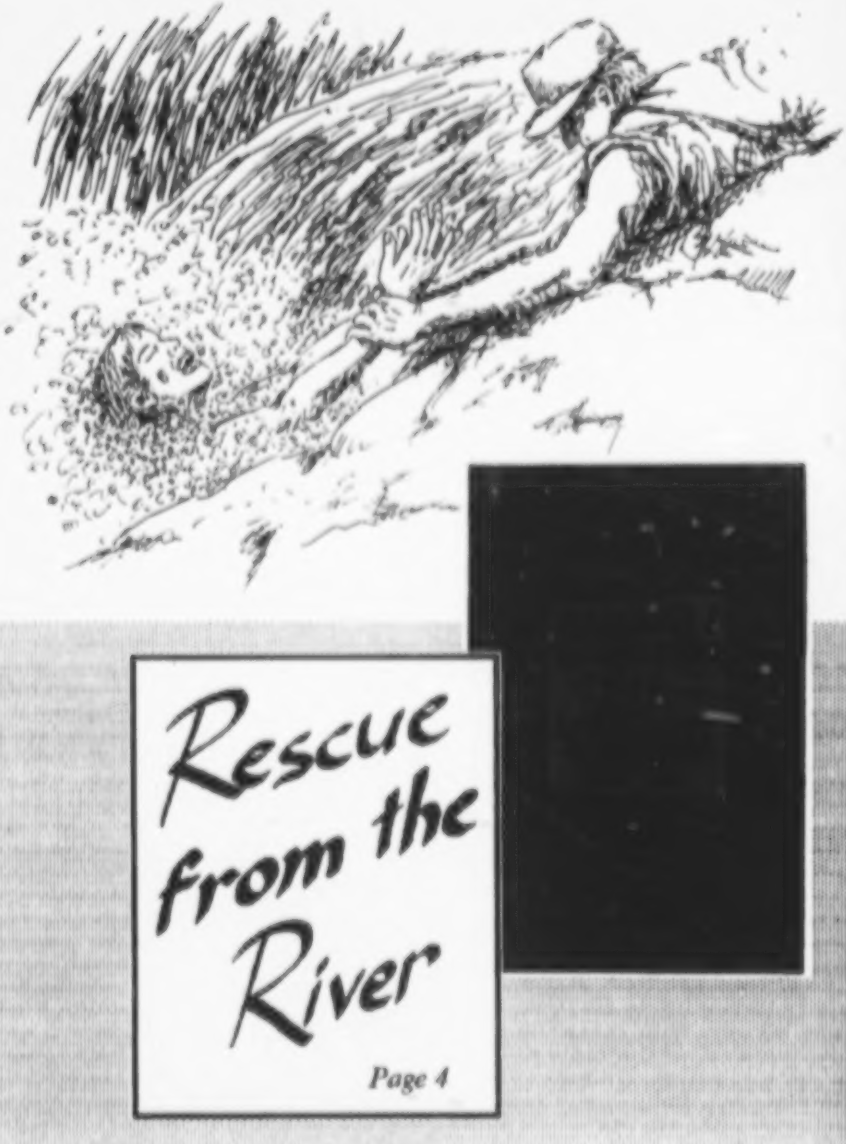
figure
search
position
charge
hanging

extra
skating
frozen
skiing
bobsled
drowned
oats

wheat
corn
period
debts
habit
choice
discount

balance
owes
responsibility
fee
profit
responsible
risk

bran
fiber
cereal
cholesterol
rice
proof
towel



Rescue from the River

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Jobs
Family
Health
Money

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New Words Digest

Summer 1990

Summertime and Children

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How to Keep Your Boss Happy – Page 26

Lesson of the Pack Horse

True Story on Page 4

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Puzzle answers:

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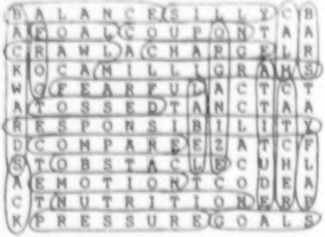

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C	R	A	W	L	A	C	H	A	R	G	E	L	R
K	O	C	A	M	I	L	L	I	G	R	A	M	S
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A	E	M	O	T	I	O	N	T	C	O	D	E	A
C	T	N	U	T	R	I	T	I	O	N	E	B	P
K	P	R	E	S	S	U	R	E	G	O	A	L	S

We would like to see your stories, articles or poems to consider for this magazine. Send them with a self-addressed, stamped envelope to:

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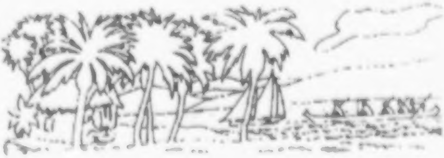
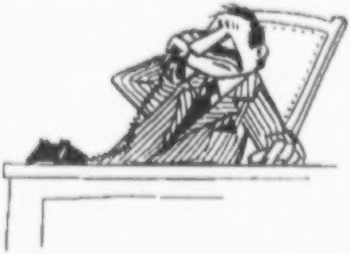
New Words

These words all have to do with the way we feel. Look for these words in bold print in the stories that follow.



calm – to be quiet or still, or to quiet something or someone. *The sea is very* **calm** *today*. Other words made from this word are: **calms, calmed, calmer**, and **calmly.**

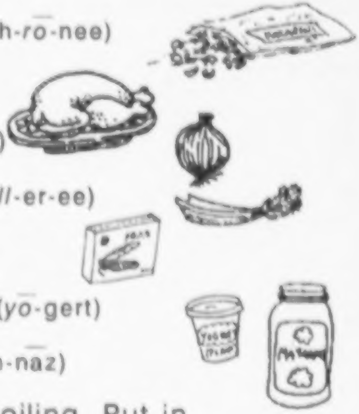


fearful – afraid. *I was* **fearful** *about the business.*

attitude (*at*-i-tood) – A way of thinking, acting, or feeling. She had a good **attitude** about money.

Turkey Salad

On those hot summer evenings, try this cool main dish. Serves 4 people.



2 cups dry macaroni (mak-uh-*rō*-nee)

1 cup cooked turkey

1/4 of a small onion (*un*-yun)

1/2 cup chopped celery (*sell*-er-ee)

1 cup frozen (*frō*-zen) peas

1/3 cup plain white yogurt (*yō*-gert)

1/3 cup mayonnaise (*may*-uh-nāz)

Heat 2 quarts of water to boiling. Put in the macaroni. Boil for 10 minutes, or until it cuts easily with a fork. Do not boil it too long. Drain the water out. Run water over the macaroni, and let it cool.

Cook the peas in 1/2 cup boiling water. Drain the water off and let the peas cool.

Cut the onion, turkey and celery into very small pieces. Now mix these, and everything else, together in a big bowl. Add salt and pepper until it tastes good to you. Then cover the salad. Put it in the refrigerator (ree-*frig*-er-ā-ter). When it's cold, it's ready to eat!

Real Life Story

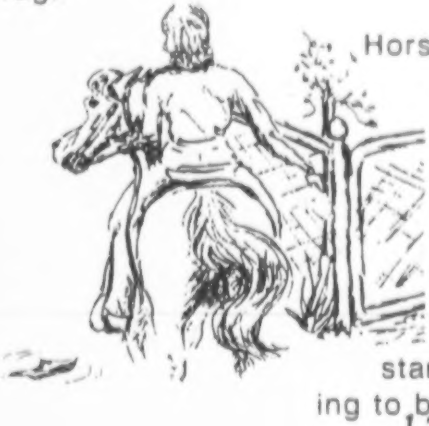
The Lesson of

by *Judy Wagner*

It was the summer of 1989. My husband Dan and I decided to go horseback packing. It takes a lot of time to get ready for this. For one thing, you have to make sure the pack horse is not afraid to carry the pack.

Horses are very **fearful** animals when they are born. This fear has to be worked out of them, or they are useless. They have to learn to trust their owners.

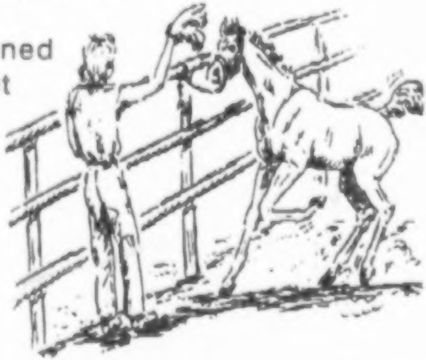
We always start training the foals when they are about 3 months old. We do something called *sacking out*. The old-timers used gunny sacks for this. But I usually start with a large rag.



Horses are very afraid of flapping things. Many a rider has been dumped on the trail because of a little piece of paper blowing by. So, the foal needs to learn from the start that there is nothing to be afraid of.

the Pack Horse

I stand back and wave the rag very slowly. The foal is afraid right away. But I just talk all the time, saying, "It's okay. Take it easy." When he is **calmer**, I start again. He will jump around as though he hasn't learned a thing. But after a lot of work, I can flap the rag all over him. And he won't be afraid anymore!



This is only the beginning of the training. Horses have to be taken into all kinds of **fearful** things. Only then is it safe for them to carry a rider.

Even after all this, a horse may still be afraid of a back pack. It is large and sticks out everywhere. It flaps and makes awful noises. But we tried it on our pack horse, Sequoia (suh-*kwoy*-uh). He took it very **calmly**. He acted like he had been doing this all his life. So, we decided we were ready.

The time for our trip came. We took our horses to the trail. Dan and I each rode a horse.

And Sequoia was to carry the pack. Dan began to load up the pack and Sequoia stood **calmly** as before. You can't tie everything down until you are all done. So we were glad he was so **calm**. But just as Dan was putting the last thing on top, something spooked Sequoia.

He started bucking and things started flying. Food, clothes, ice and pans went everywhere. Some landed as far as 20 feet away! When he stopped, there wasn't a thing left in the pack!

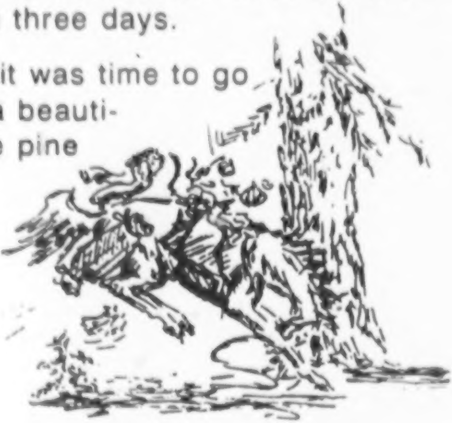
Dan led Sequoia around to **calm** him down. He seemed fine now. We didn't know what the cause was. But we decided it was something unusual. So Dan started loading the pack again.

The same thing happened! This was not a very good start for our trip. And just then, a man came walking over. "We wanted to go horseback packing one year too," he said. "The same thing happened to us. We never did make it." He walked away shaking his head.

Well, we decided to try again. This time when Sequoia started bucking, we had it all tied down!

When he **calmed** down, we hit the trail. We had no more problem in three days.

On the third day, it was time to go home. We were in a beautiful field. There were pine trees all around, and a river nearby. Sequoia had been carrying his pack just fine. He seemed to be over his problem.



Dan had already put several things on the pack. Now he came out with one of those shiny fish pole holders. What Sequoia saw in it, we will never know. But it spooked him. He reared back and broke away. Then he started bucking. He bucked off half the things in the pack.

After that he started running as fast as he could across the field. He made a big circle and came right back toward us! He rushed through our camp and we held our breath. With that pack sticking out, he could get knocked down! A horse can break a leg so easily! But instead he crashed the pack into one of the other horses. It almost knocked him down. Then Sequoia plowed into the river up to his neck. He soon turned and came back toward camp. At last he stopped suddenly in camp, shaking like a leaf.

Sequoia was most likely afraid of a feeling – one he had before. We knew there was nothing to be afraid of. In the end, he had to trust us. And we were the ones doing this "awful" thing to him (putting on the pack). But he knew that he had always been able to trust us before. That must be why he came back to camp. We were both the *cause* of his fear, and the comfort (*kum*-fert) for it.

Sometimes I feel like that **fearful** horse. I get into something that makes me worry. I remember feeling the same way before. And I want to run! But God shows me lessons during these times. And one lesson is that if we avoid the pain of life, we also avoid the joy. And the pain is always worth the joy that follows.

I just went through another **fearful** horse time. I got bucked off a horse I was trying to train. She was afraid of me flapping on her back! Now I'm sitting at home with two broken ribs! No more horse stories for a while. The doctor tells me it will be 3 months before I'm all well.

So I've been watching our new born foal outside a lot. Labor pain is no fun. Yet, look at what it brings us – the joy of a new born. I have been in a lot of pain with these ribs. If I look at the pain, I will only see that. But if I look for the Lesson, I will find joy. It may be a new **attitude**. But that's an important thing to learn. And learning a good **attitude** can be one of the most joyful things in life.

Do you have an interesting true story? Send it in! You can can win $5.00. Find our address inside the front cover.

Family Living

Summertime and Children

by Gail Jenner

Summer is coming! Plan to spend some of it doing something special with your children. It's a great time to spend time as a family. And, a family that laughs and plays together is a healthier family. It is happier too. So, what things can you do together to have fun and learn something, too?

Movement

Small children need lots of time to MOVE! Some parents think children move on their own. But studies show that kids today move less than their parents did when they were young. The studies show that even adults move more than children do.

Getting children to move is not hard. First, the TV must be turned off more often. Next, setting up a fun place to move is important. Set up an obstacle (*ob*-stuck-ul) course. Kids like games and the obstacle course can even become a race. Some obstacles could be:

1. Crawl through a chair.

2. Walk a straight (strāt) line.

3. Walk backwards (*back*-words), or jump backwards.

4. Jump into an old tire and out again.

5. Walk on a board.

6. Turn around three times, bend down, touch the ground.

7. Hop on one foot, then on two feet.

8. Touch shoulders (*shōl*-ders), touch nose.

9. Walk on all fours, or hop like a frog.

Put one, two, or more obstacles together. Ask the neighborhood children over and make up teams. Have lots of winners. Maybe even have silly prizes like balloons or treats. Prizes do not have to cost any money. And the obstacle course is free. If the kids are older, make it harder.

The obstacle course can be changed. Children like to do different things. They can bounce (bouns) balls or toss a bean bag into a basket. The important thing is to keep them moving and trying new things.

Movement like this is important for kids of any age. It is good for health. But it also helps them in school. Studies show that movement helps in reading and writing. It also helps kids feel good about themselves. Play time is NOT just fun time. It is the time of important learning for young children. And summer is a good time to have children move.

Other places to move are parks and playgrounds. Children need to climb, swing and hang from bars.

New Places

Summer is also a time to visit new places. Children enjoy museums. And it can be a good place for the family to go together.

Most museums are free and some are built just for children. Ask at the library for some museums near you. When you go, talk about what you see at the museum. What was the most interesting thing? What did you see that was new or unusual?

Another place to take children is to the library (*lī*-brar-ee). Some libraries (*lī*-brar-ees) have special reading programs for kids. They have fun and win prizes, too. Some libraries have story time when children can hear a story read aloud. It is important for kids to hear stories. Children learn language by hearing it. The more they hear, the better they will do when they read. Older children enjoy stories read aloud, too. It is a fun time. Help your children see that a library is a happy, interesting place to visit.

Older Children

Older children also need special time with parents during the summer. Some parents spend little or no time with their teens.

This is not healthy. Teens want to feel important. Summer can be a time when they learn what they can do on their own. Older kids need chores. They can help with yard work or cooking. Of course, they need time to play, too, AFTER their work. And they also need time with Mom and Dad. This is a time when new things can be tried:

1. Take swimming lessons, or tennis lessons.

2. Go on a hike in the woods or a fishing trip.

3. Work on an old car or build a picnic table.

4. Plant a garden.

5. Take a bike ride, boat ride, or train ride.

6. Visit friends or relatives.

7. Check out a book on insects, strange animals or inventions (in-*ven*-chuns).

8. Look at a map and find some place new to visit.

9. Take a ride in the country to look at wild flowers.

Spending Time

Such things can be important learning times. What is most important in all these things is that parents and children spend time together. They are having FUN. Studies show that most parents spend less than 4 minutes a day talking with their kids. Many kids complain (kum-*plain*) that their parents are too busy. They feel their parents are not interested in them. This hurts kids, no matter how old they are. And it can hurt how they do in school, and their **attitude**. These feelings can also last a lifetime.

So, summertime is an important time of year. It is not a time to forget about learning. Parents are a child's first and best teachers. Many are afraid they can't teach their own children because they aren't trained teachers. That is not true! What they teach their children will make them stronger, happier people. And they will grow up to teach their own children. So, go see what's at the library. Or, try something new or different—just for fun!

More Money-Saving Tips

by Dedre Ahl

1. Buy extras of the things on sale which keep well. Paper goods, cleaning goods, and canned foods are good for this. It costs more at the time. But it saves lots of money later.

2. Coupons (*koo*-pons) can save a lot of money. And some stores take off two times the coupon. Use coupons when something is on sale if you can. That is an extra savings. But take care not to buy things you don't really need. Another brand might cost less even without the coupon.

3. Rebates (*ree*-bātes) are good too. If you send these in to the company, you might get more money back than you spent! We save our rebate checks until we have enough to go out to eat.

4. Do your own baking. It costs less to buy the flour and sugar, and make your own cookies and cakes.

We would like to see *your* money-saving tips too! Send them in to: *New Words Digest*, P.O. Box 6276, Bakersfield, CA 93386-6276.

Story for Kids

The Treasure

by Laurie Penner

A boy walked through the forest, holding a treasure (*trezh*-er). He held it under his arm in a box. The treasure was all he had, and he held on to it tightly. Soon he met a nice looking man, who looked very poor. The man began to walk with him.

"Give me your treasure," said the man. "And I will give it back to you."

How unlikely! thought the boy. "No, thanks."

So the man left the boy. And another man came up to him. This man looked very rich.

"Give me your treasure, or I'll kill you," said the rich man.

The boy was afraid. He didn't want to die. And yet, the treasure was all he had. But, just as he was wondering what to do, the poor man came back.

"If you give your treasure to me, this rich man can't kill you," he said.

The boy believed the poor man a little. He told the rich man, "No." So the rich man left. "I would like to walk with you," the boy told the poor man. "But I won't give you my treasure."

"Then I can't walk with you long," the poor man said. "If you want to walk with me, you have to give me your treasure. Then I will give it back to you."

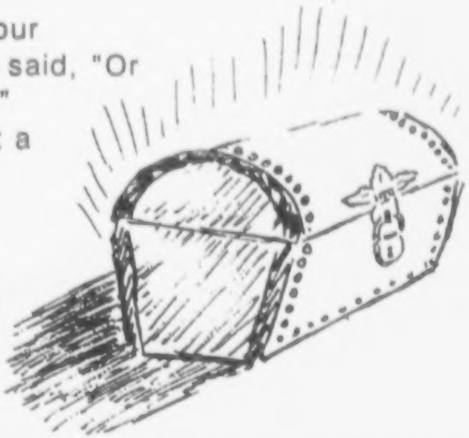
"But why give it in the first place?" asked the boy.

"Because you can't have it until you give it to me," the poor man said.

That's silly, thought the boy. I have it even now. "No, thanks," he said again.

Then the poor man left and the rich man came again.

"Give me your treasure," he said, "Or I will kill you." He pulled out a knife (nīf).



Now the boy wished he had given the treasure to the poor man. Then this bad man would be after the poor man instead of him.

"No," the boy said slowly. "I . . .I don't think I have to."

The rich man laughed, and came toward the boy. So the boy started to run. The man ran after the boy until they came to the edge of a cliff. The man looked pleased now. And he started pushing the boy closer and closer to the edge of the cliff. The boy could see the rocks down below. And he could hear the ocean water crashing against them. He knew that if he fell, he would die.

Just then the poor man came.

"Throw the treasure to me," he shouted.

"I would not do that!" cried the rich man to the boy. "If you do, I will push you off the cliff!"

"Throw it to me," the poor man begged. "Hurry! It's the only way you can live. He is after the treasure. If you give it to me, he will never get it."

For several seconds the boy stood trying to decide. The rich man began to reach for the treasure. He pushed the boy ever closer to the edge of the cliff.

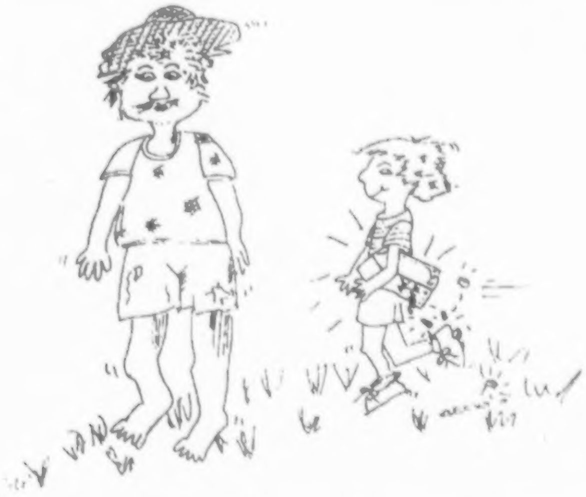
Then the boy tossed the treasure to the poor man. The rich man frowned. He reached out to push the boy off the cliff. But the boy jumped out of his reach. He found himself on the other side of the rich man.

Then the rich man went after the poor man to get the treasure. But he forgot to look where he was going. The poor man moved to one side. And the rich man fell off the edge of the cliff.

"Here is your treasure," said the poor man. He handed the box back to the boy with a smile. "Now it is truly yours, and you can walk with me."

The boy looked at the treasure. He ran up and handed it back to the poor man. "You keep it," he said. "I would rather walk with you than have that old treasure anyway."

They both walked off together, with the poor man holding the treasure. But somehow, the boy felt he now had a better treasure. And it was a much better treasure than he'd ever had before.



Dear Dr. Dale,

Our doctor has told my husband to avoid foods that are high in salt and fat. He also said he needs more fiber (*fi*-ber). So I started watching food labels (*lay*-buls). Many say *low fat, low salt* and *high fiber*. But a friend told me you can't trust these. Is that true? Doesn't the government have rules about such things?

Signed,
Worried Shopper

Dear Worried Shopper,

Yes, I'm afraid it is true. You can't always trust food labels that say a food is *low or high* in something. It's because the government hasn't decided yet about some foods. They still have to set a standard (*stan*-derd) for claims of *low* or *high* on a food label. But they are working on it. In fact, there should be some major changes made by next year.

Until then, the best thing to do is to compare (kum-*pāre)* foods. Salt and fat are measured in grams and milligrams (*mil*-i-grams). (There are

1000 milligrams in one gram.) These are measures of weight. But you don't have to understand them to compare them in foods. On the food label, grams are shown as a "g" and milligrams as "mg." The food label might have the exact weight of salt and fat that is in the food. It is the amount that is in one serving. Look for *Nutrition* (noo-*tri*-shun) *Information* on the label.

For example, compare two boxes of cereal (*seer*-ee-ul):

Cereal #1

Nutrition Information

Serving size: 1 oz.

	cereal	with milk
calories	280	320
protein	2g	6g
fat	2g	2g
sodium	150mg	190mg

Cereal #2

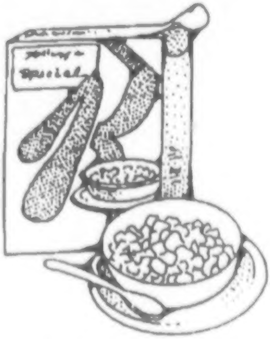
Nutrition Information

Serving size: 1 oz.

	cereal	with milk
calories	110	150
protein	2g	6g
fat	0g	0g
sodium	290mg	350mg

The salt is in the *sodium* (sō-dee-um). The cereal on the left has 150 mg. of sodium (more when you add the milk). And the cereal on the right has 290 mg. So you know there is less sodium in the cereal on the left. You may find another cereal with even less sodium, or no sodium at all. And the cereal on the right has no fat. But the cereal on the left has 2 grams of fat.

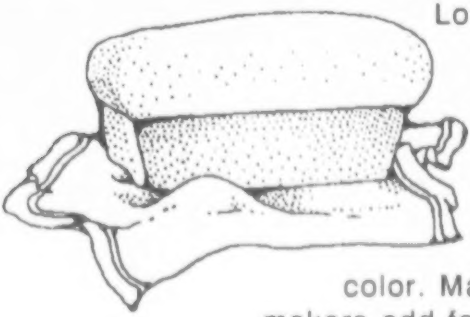
What if a box of cereal says *low in sugar*? Is it really? This information is usually at the bottom on the side of the box. Look for *sucrose* (soo-krōs) *and other sugars*. This is also measured in grams. One box of cereal may have only 1 or 2 grams of sugar per serving. Another box may have 15 grams of sugar per serving! There are about 4 grams of sugar in one teaspoon. So there could be 4 teaspoons of sugar in your bowl of cereal!



Some food labels also tell you how much fiber is in the food. Look for the grams of fiber on several labels, and compare them. You will soon see which ones are really *high in fiber*.

A good food with fiber is whole wheat bread (bred). But check the label. It may not tell you the amount of fiber, but it will have the ingredients (in-*gree*-dee-unts). Really good whole wheat bread should have *whole wheat flour* as the first ingredient. (The first ingredients are the most of what is in the food.) If the first ingredient says *wheat flour*, this means the bread is mostly made from white flour. White flour is wheat flour! Don't be fooled.

BREAD
BREAD



Look for *WHOLE wheat flour*. Then you will know it has fiber.

And don't go by the color. Many bread makers add food coloring to the bread to make it darker. They may call one bread *white bread*, and leave it white. Then they call another *wheat bread*, and color it dark. They are both wheat bread! The only way you know if it's whole wheat, is to check the label.

Also watch out for labels that say *light* or *lite*. This may not mean low in fat. And a food that is "83% lean" is still 17% fat! Look for the number of grams of fat, and then compare.

Some labels only have the ingredients listed and no *Nutrition Information*. But is the first ingredient sugar, or salt, or oil? It may not be a very healthy food. It may be mostly sugar or fat.

America has been getting more interested in health and nutrition. This is why so many food companies are making claims. The best way for you to know the truth, is to check the label information for yourself.

(Dr. Dale is not a real doctor, but has studied ways to stay healthy.)

Goodbye Stress

Goal Setting

by Vin Smith

***F**ortune* (*for*-chun) Magazine did a study once. They studied about what makes the best managers. They said good managers kept **calm** under pressure (*presh*-er). The late J. Paul Getty used to talk about how he decided to hire people. He said he would give the job to the man who worked best under pressure.

Some people may be born well-organized (*or*-gun-īzd). But others have to work at it. People who do not do well are not usually organized. And they don't set goals. We need to set goals, and manage our time. And such organizing (*or*-gun-īz-ing) will greatly lessen the pressure.

Here's a tool to use. It's the HAT TRICK. Make a list of important things you must do. Write three of these on a small card. Do this again with another set of three goals. Keep doing this until your whole list is on cards.

Now toss them into a hat, and pick one out. When you pull a list out of the hat, you are free to toss it back. You may feel some of the other goals are more important.

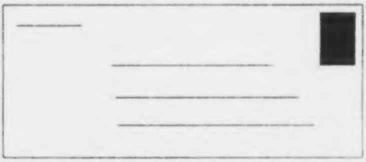
Look at the three goals on the card. Decide which to do first and get started.

You are likely to get at least one "hat trick" done in any given day. Then you will be known for working well under pressure.

Next time: More goal setting

(This is taken from *Goodbye Stress*, Copyright ©1987 by Vin Smith)

Letters



Dear Readers,

I need to correct something I said in my last letter (Spring 1990). I said we are now a non-profit program. This was true when I said it. We did have state approval (uh-*proov*-ul) to be non-profit. But we did not have the support needed to run the program. Georgia Sykora (Si-*kōr*-uh) from the Kern Adult Literacy Council (*koun*-sul) has been very helpful. But a non-profit program needs support from a *LOT of people. There's so much work to do to run it. So, we have had to drop the program, and make this a business. Thank you for understanding–*

Laurie Penner

Are you moving? Please send your new address to us right away. If you don't, you could miss your next issue. Send to: *New Words Digest*, P.O. Box 6276, Bakersfield,CA 93386.

Jobs Today

How to Keep Your Boss Happy

by Laurie Penner

We talked with a few employers to find out what kind of workers they like the best. Remembering these things might help you to *Keep Your Boss Happy* too!

The first boss we talked to is Steve Haynes. He owns Christian Building Maintenance (*main-tun-uns*) in Bakersfield, California. His employees clean buildings.

Question: What is more important to you – your workers' skills, or their **attitudes**?

Steve: Their **attitudes**. The reason is because it is much easier to teach skills than it is to change **attitudes**.

Question: What makes you decide to give a worker a raise?

Steve: **Attitude** is a big part of it. With me also, it's how much responsibility (ree-spon-suh-*bil*-i-tee) they are willing to take on. The more responsibility they can take, the sooner they get raises. I give raise to ones I don't have to watch. This frees my time. Also, they should get along with other employees.

Question: What would make you fire someone?

Steve: If they were stealing or lying about the job, I would fire them. But usually it's from having to tell them over and over that they keep doing the same thing wrong.

Question: Who are your best workers?

Steve: My best workers have a good **attitude**. Also the ones I can give more responsibility. Some good workers can't be given more responsibility, but still have a good **attitude**. I am happy with the ones that are willing to please me and do a good job.

Another employer we talked to is Sharon Balfanz. She runs Laurel Glen Tennis Club in Bakersfield, California.

Question: What is more important to you – your workers' skills, or their **attitudes**?

Sharon: **Attitudes**. When I interview (*in*-ter-view) them, I like them to meet me eye to eye. I also like it if they smile and are nice. Then I would think about their skills.

Question: What makes you decide to give a worker a raise?

Sharon: Raises are usually given on a yearly basis (*bay*-sis). If the employee does an outstanding (out-*stand*-ing) job I would think about it. A raise will be given as a reward (ree-*ward*). I might also give raises if I find that other businesses are paying more.

Question: What makes you fire someone?

Sharon: Stealing, lying, not working, or not getting along with others – if done over and over. Someone may also be fired if they had another job too – if they had two jobs. I also might fire them if they did not fit into their job very well.

Question: Who are your best workers?

Sharon: My best workers are those willing to do anything and everything. They never say, "That's their job." But they will help out and do whatever needs to be done. They are always friendly to all the other employees. They are part of a team. They love their job. And they don't work for money, but because they like the job.

We also talked to Jim Warner. He and his wife own J W Business Systems (*sis*-tems) in Rancho Cucamonga (kook-uh-*mung*-uh), California. Jim does specialty advertising.

Question: Jim, what is more important to you—your workers' skills, or their **attitudes**?

Jim: **Attitude**! Anything else can be overcome.

Question: What makes you decide to give a worker a raise?

Jim: Raises are based on **attitude,** and how well the employee works. But I also keep the business in mind.

Question: What would make you fire someone?

Jim: A bad **attitude** leads to other problems, such as stealing. If an employee has a good attitude, he will not steal. And he will try to do a good job. A bad **attitude** spreads (spreds) like cancer to other employees.

Question: Who are your best workers?

Jim: They have a good **attitude** and are honest (*on*-est). And they like to work. It shows in their paychecks! □

Your Money

Plastic Money

1234 - 5678 - 9000 - 0000

by Vin Smith

Part Two: Credit Card Problems

One out of six Americans has a credit problem. New cards are coming out often. Each company wants to get your business first. They may send a card in the mail that you didn't ask for. This adds to the danger of more and more people facing problems. There is too much credit card use.

Store Cards

One of the reasons for credit problems is store cards. There are so many. Those who cannot manage them use them often. People who have not had credit before may have problems.

Credit cards make the stores a lot of money. So it is easy to understand why their growth has been so great. The great department stores add on interest to the credit payment. This is usually

18% or more. You make your payment on that month's bill. Then they add charges (*char*-jez) for the next month. You may again have a new interest charge (charj) of $15.00 for the next month. If your balance (*bal*-uns) is never down to zero, you will be charged interest forever!

It's easy to see how one can get into a hole. I remember a few years back when the gas lines were long. I began to put my gas on credit cards. I had about 8 different cards. Then I lost my job as a carpet salesman. And I began to use my Visa (*Vee*-suh) for gas too. When I found out what was going on, I was at least six months behind. I never did add up the interest. I didn't have the heart. I do know it took me two full years to bring the credit card balances back to zero.

My department store card was in on this too. Buying gas on the Visa had made me go to store cards for "soft goods." These are clothes and such.

What You Can Do

What can you do about problems with department store cards?

1. Experts say most department store card use is for soft goods. Try to limit buying soft goods. Many buy soft goods for going back to school. People buy a lot at Christmas and Easter too. You might start shopping early. Try to begin shopping for school things in July. This way, you are not as likely to fall behind on your card balance.

2. Have at least one pay up month each year. Many people use part of a tax refund to pay off their credit card. Others use Christmas money, or bonus (*bō*-nus) money from work. This will bring down your costs. What if you spent $500.00 in December, using a store card for soft goods? Then interest payments are added on. In six months on your card, your cost might be $545.00 instead of $500.00. And that interest keeps getting added on, unless you pay it off.

3. You can pay the card in full each month. About forty percent of Americans do this. That way, you have used the money of the lender. And you have paid no interest doing it.

4. If all else fails, tear up your cards. Or you can get help from a credit counselor (*koun*-suh-lur). The first thing they will do is to show you a pair of scissors (*si*-zerz). Then you'll cut up the wonderful plastic (*plas*-tik) money!

The counselor might also help you start a pay back program. This will leave you debt (det) free. Credit counselors are good at bringing budgets back into line.

In the Mail

Who gets store cards in the mail? Almost everybody. The department stores buy mailing lists of people. They look for those who seem to do well. This list might come from people who get the better magazines. Or it might be a member list from other places. Now millions of people are becoming card holders without even asking.

What if you suddenly find yourself the holder of a department store credit card? What should you do? Read about credit cards again! Read what we have written. And then talk to your banker. Set a limit for yourself. Your banker will be of help. There is more to keep in mind than your paycheck. Other things to remember are:

1. How often you have to make a payment: weekly, monthly, even yearly.

2. Fixed payments you already have. (Don't forget the gas, electric bill, and rent.)

3. There is money you will need in case of an emergency.

4. Changes might be coming up. What is just around the corner? Are your house payments going up? Does a child start college in six months? Changes can make today's budget no good tomorrow.

Keep these things in mind, and you should be able to keep using a store card without any major problems.

And with all your credit cards, remember to:

1. Limit the number of cards you use.

2. Check how much of your pay check goes to card payments. More than 20% is too much. Cut down on the cards!

3. Check your interest rate. Your interest should be no more than 25% of your payment. Getting your whole balance down helps with this.

4. If trouble comes, stop using the cards!

Plastic money is here to stay. But you can learn to understand credit card use. And you can stay out of trouble.

Word Search

Answers are inside front cover

B	A	L	A	N	C	E	S	I	L	L	Y	C	B
A	F	O	A	L	C	O	U	P	O	N	T	A	A
C	R	A	W	L	A	C	H	A	R	G	E	L	R
K	O	C	A	M	I	L	L	I	G	R	A	M	S
W	G	F	E	A	R	F	U	L	A	C	T	C	T
A	T	O	S	S	E	D	T	A	N	C	T	A	A
R	E	S	P	O	N	S	I	B	I	L	I	T	Y
D	C	O	M	P	A	R	E	E	Z	A	T	C	F
S	T	O	B	S	T	A	C	L	E	C	U	H	L
A	E	M	O	T	I	O	N	T	C	O	D	E	A
C	T	N	U	T	R	I	T	I	O	N	E	R	P
K	P	R	E	S	S	U	R	E	G	O	A	L	S

- attitude
- backwards
- balance
- bars
- calm
- catcher
- charge
- compare
- coupon
- crawl
- emotion
- fearful
- flap
- foal
- frog
- goals
- label
- milligrams
- nutrition
- obstacle
- organize
- pressure
- responsibility
- sack
- silly
- tossed

Game Two: See how many other words you can find in this puzzle. Write them down here.

It's All in the Mind

Vin Smith talks with the Dodgers

Big time sports might look like they are played only with the body. The player makes a basket or hits the baseball. He or she sinks the ball into the hole, or runs for the finish line. It's all in the body right?

Not by a long shot! Today many players get a million dollars a year. Their talent is pretty equal. The difference between players is really "all in the mind."

I set out for Candlestick (*kan*-dull-stik) Park in San Francisco to cover a Dodger/Giant game. I wanted to find out what the players think about the mental part of playing baseball.

"Anybody can beat anybody else in this league on any given day," said Lenny Harris. He is an infielder with the Los Angeles Dodgers. "I've been through it all."

Dave Dravecky

What about the pitcher? Doesn't he just bring his arm back and fire the ball? Then it goes 95 miles-an-hour past the waiting batter?

As it turns out, the best pitchers are thinking machines. "Dave Dravecky pitched against Cincinnati last night," said Bruce Macgowan. (Macgowan has covered baseball for Freelance (*free*-lans) Radio for the last 14 years.) "Dave pitched on emotion (ee-*mō*-shun). He went 8 innings, and gave up just 3 runs on 4 hits. And he did it with his mind as much as with his body."

Eddie Murray with team member after home run

Dravecky's story is as full of emotion as a story gets. The doctors told him he had cancer a year ago. And a large part of an important muscle (*muh*-sul) in his pitching arm had to be taken out. Some say it was a miracle (*meer*-uh-kul) he was ever able to pitch after that. The very next time Dravecky played against the Montreal Expos, he fell on the mound. He would never pitch again. Dave Dravecky is now retired from baseball.

"One of the greatest mental performances (per-*form*-uns-uhz) I've ever seen," Macgowan said. And I could see he felt a lot of emotion about it himself.

Don Drysdale

I talked to Don Drysdale, the hall-of-fame player for the great Dodger teams of the Sixties. I asked him what part the mind plays in pitching "Each pitcher is different," said Big D. "You're dealing with a different mentality (men-*tal*-i-tee) pitcher by pitcher. But I can tell you what I did. I broke the game down into three different parts. Pitch by pitch, hitter by hitter, and inning by inning. It was like drawing a horse back in. If I made the right moves in the right places, pretty soon it was late in the game. And if you were lucky, your team had scored (skōrd) enough runs."

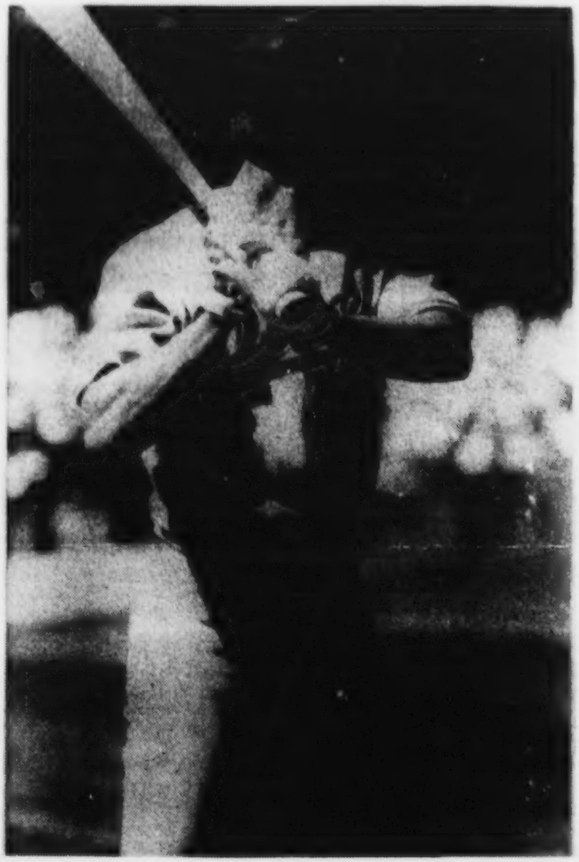
Rick Dempsey

The catcher plays a major part in keeping his pitcher in the game. "The main thing is to get in tune (toon) with the pitcher before the game even begins," said Rick Dempsey. He was the *Most Valuable (val-yoo-bul) Player* in the 1983 World Series. And he is now the Dodgers' backup catcher. "If you have to, make him start all over again. Tell him something he will understand. Stress different points about his game."

Dave Anderson

Is the mental part stressed too much?

"A lot of it is God-gifted talent," agreed Dave Anderson. He was an infielder for the Dodgers. He is now playing for the Giants. "Defense (*dee*-fens) is different than hitting. You have to think you can field better than the guy you are taking over for — when you are sent in late in the game. Sometimes we do get too caught up in the mental part of baseball. Even so, thinking is a major part of it.



Mike Huff

"Pinch hitting is the hardest. You have to stay in the game while you are sitting on the bench. Then you have to be able to put the ball in play when your time comes. Mickey Hatcher is a great pinch-hitter for that reason. He's always mentally ready."

Is it different in the minor leagues, before the pay check gets so big?

"Not at all," says Mike Huff. He is a Dodger outfielder – a rookie (first year player) . "If you treat it differently, you're in trouble."

"It is a mental game for sure," says Lenny Harris. "It starts with the manager. Tommy is always up. A really great person to get you going. As soon as I came here from Cincinnati, Tommy says: 'I always liked you, Lenny. You're my man!' Lasorda is known for getting the most out of his players."

Tommy Lasorda

What does Mr. Lasorda say about the "mental game?"

"Our batting coaches spend endless hours working with them (the hitters)." Tommy said this on a KABC radio special about the Dodgers. "But the most important thing is that we've got to make them believe in themselves. And in their mental approach *(uh-prōch)* to hitting. If they walk up to the plate and believe that they can hit anybody. That would make them more successful (suk-ses-ful).

"I try to make them understand about when you're hitting. That the best hitters in the game will make outs 7 out of 10 times. There is no other sport or way of life that if you fail seven out of 10 times, you are a success."

How about the fans? Is baseball a mental thing with them?

"Going back to when I was only 13," said Linda Gordon from California. "My girl friend and I used to count the days until spring training. We ate, drank, and slept baseball. I even play baseball with my three year old son!"

Baseball might be played all over the world. But it is in the heart and soul (sōl) of fans. You really could say, "It's all in the mind!"

Tommy Lasorda **Dave Anderson**

New Words Mystery

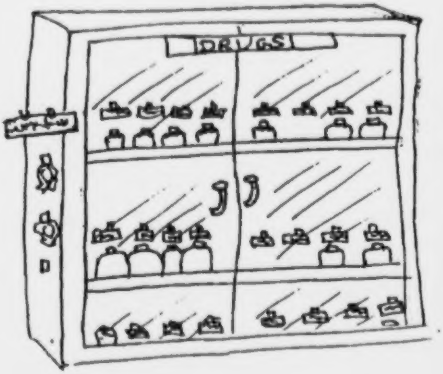
The Missing Drugs

by Laurie Penner

Dr. Bill Wilson spent all morning wondering about Jill. She was a new employee at the doctor's office. She was a good worker. She was able to take on a lot of responsibility. But Dr. Bill was worried about Jill's attitude. She seemed unhappy on the job. But it was the stolen medicine that really made him worry.

Everyone thought it was just a silly mistake at first. But then it happened again. Some drugs were missing. Jill was new, and had a bad attitude. So Dr. Bill kept thinking she was the one that stole them.

Dr. Bill had to compare Jill to his other worker, Lois. Lois was great! She was always on time. And she was so willing to please him. He never caught her wasting time talking. She always kept busy.



The doctor's son, Bob, also worked at his office. He cleaned the building. He had always been a good kid. Dr. Bill had always wished Bob would go on to college. But Bob did not want to. He liked art, and spent all of his time on that.

And now Dr. Bill called Jill into his office to talk to her. He thought Jill would come in looking fearful. But she just charged right in and sat down. She was chewing gum, which was annoying. You could hear her lips flapping together.

"Yes?" she asked between chews.

"Jill, we have a problem. Some drugs are missing."

"And you think I did it?"

That's interesting, thought Dr. Bill. "No, I didn't say that," he said slowly. He studied her while he spoke. "I was wondering if you had seen anything unusual."

"No." She chewed on her gum some more, and looked away. She did not look interested.

"Have you been happy working for us here, Jill?" Dr. Bill asked.

"No, I have not been happy," said Jill, chewing even harder. "I wanted to work at Years Clothing Store. But they didn't hire me. You did."

The doctor nearly fired her right on the spot. But he tried to stay calm. He cleared his throat.

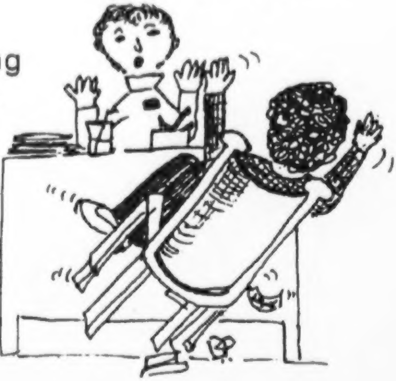
"Well, you tell the truth, Jill. I'll say that much."

"Don't I work well?" Jill asked, getting upset.

"Yes, you work very well. You just complain the whole time. It's very annoying. In fact, I almost fired you just now."

Jill was quiet. She even stopped chewing.

"But I have decided to try again," said Dr. Bill. "I want you to look these medicine jars over. Please describe each one. Note anything that does not seem right."



Jill looked at the long rows of medicine jars. There must be a hundred of them, she thought. "I can't do that!" she said. And she jumped up from her chair. But she lost her balance and fell over backwards. She knocked several chairs over on her way down. Then she tried to climb to her feet. But the whole room was like a big obstacle course. She tripped and fell again.

Dr. Bill hurried over to Jill. But she just said, "I'm fine." Then she got back down on the floor, to crawl under one of the chairs. "I thought I saw something," she said. And she pulled out a piece of paper from under the chair. It was a medicine label. She handed it to Dr. Bill.

"This is from one of the jars that is missing," the doctor said excitedly. "I wonder what it was doing under there."

"I don't know . . ." Jill said quietly, picking up the medicine. She put it in a sack.

"But I can't do all these jars. It's impossible!"

After Jill left, Dr. Bill called Lois into his office. "Yes, Doctor. Is there something I can do to help?" Lois said.

Such a willing worker, thought the doctor. "Yes. I trust you completely. I want you to watch Jill check over the labels on the drugs."

"Yes, Sir. You can count on me, Sir."

Later on that day, Dr. Bill found his son. Bob was drawing in a back room.

"When are you going to start thinking about your future, Son?"

"Don't pressure me, Dad," Bob frowned. "You know I love art. That's what I want to do."

"People who do art are mostly poor," Dr. Bill said. "You need to organize your life. You need some goals. How will you make money?"

"I don't care about money!" Bob's voice was full of emotion. He jumped up and tossed his drawing against the wall. "I will do what I want!"

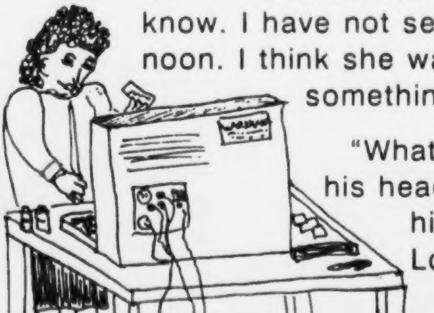
Dr. Bill had never seen his son act like this. Could it be that Bob was starting to take drugs?

Later, Dr. Bill was back in his office. He was working on a report about nutrition. But he was not wanting to think about sodium just now. All the grams and milligrams were getting to him. His mind kept coming back to the missing drugs. He needed to sort out all the facts. How did that label get under that chair? And now he was worried about Bob. If Bob was that unhappy, he might start taking drugs.

Suddenly Dr. Bill had an idea. He left his office, to go check on Jill. She had not wanted to do the work he gave her. And he was sure she had spent more time talking than working.

But when the doctor found Jill, she was nearly done. She had typed out all the information on every jar. The doctor could not believe it! But there was something else he also could not believe. Lois was not there.

"Where's Lois?" asked Dr. Bill.

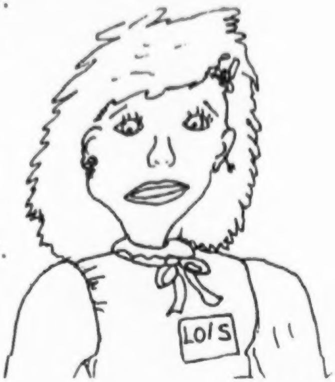


Jill's shoulders went up. "I don't know. I have not seen her all afternoon. I think she was looking for something."

"What?" Dr. Bill shook his head and went back to his office. He found Lois waiting for him. He felt sick.

"There you are!" Lois said.

"You were looking for something in here, weren't you?" asked Dr. Bill.



"Looking for something?" asked Lois.

"Something like this," the doctor said. And he pulled out the label that Jill had found under the office chair. It was the same chair in which Lois was now sitting.

"What's that?" Lois asked. She was not smiling.

"It's a medicine label—the one you took off the drugs you stole."

"Me?" Lois looked away. "Why would I do that?"

The doctor walked over behind his desk and sat down. He shook his head sadly.

"You took the label off the jar to keep from being caught with it. You had another label ready. That way, no one would know it was the jar you stole. They would think it was medicine you already had from another doctor. But someone started coming. And you did not know what to do with the label. So you stuck it under this chair, thinking you could get it later. But you did not know that Jill would fall, and find it herself. She gave it to me a few hours ago. I'm sorry, Lois. But you are fired."

Dr. Bill watched Lois leave. Then he called Jill into his office. "Jill, I'm giving you a raise."

"A raise? Me?"

"Yes. You have been a great help to me. Because you found that label, I found the person who was stealing drugs. It was Lois."

Jill looked shocked.

"But I'm asking something else of you in return for this raise. I want you to have a better attitude. If not, I will fire you next week."

Jill was quiet. Then she said, "Yes, Sir."

"Now, that's what I like to hear! Keep that up. Jill, what do you think? Is it better for someone to say, 'Yes, I'll do it,' and not do it? Or is it better for someone to say, 'No, I won't do it,' and then go and do it anyway?"

"The last one is better."

"Yes, that's what I thought too. Thanks, Jill."

New Words:

responsibility
attitude
silly
compare
fearful
charged
gum
flapping
calm
complain
balance
backwards
climb
obstacle
crawl
label
sack
pressure
emotion
organize
goals
tossed
nutrition
sodium
grams
milligrams
sort

Jobs
Family
Money
Health

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